

Chapter 1

My Body

I. Fill in the blanks.

Question 1.

We should wash our hands _____ playing out. (before/after)

Answer:

after

Question 2.

Intestinal worms cause _____(anaemia/cold)

Answer:

anaemia

Question 3.

Eating _____ is good for health, (fruits/ packed snacks)

Answer:

fruits

Question 4.

_____ improves our brain functions, (eating junk food/doing exercises)

Answer:

Doing exercises

Question 5.

If someone's touch hurts you, then it is a _____(good touch/bad touch)

Answer:

bad touch

Question 6.

_____ is the word used to refer to the disabled persons, (handicapped/ differently-abled)

Answer:

Differently-abled

II. Say 'TRUE' or 'FALSE'.

Question 1.

Use soap to wash your hands.

Answer:

True

Question 2.

Open defecation causes cholera

Answer:

True

Question 3.

Bathing reduces blood circulation.

Answer:

False

Question 4.

Show pity on physically, challenged people.

Answer:

False

Question 5.

Always use ear buds to clean your ears.

Answer:

False

III. Answer the following Questions in a few words.

Question 1.

What are the effects of open defecation?

Answer:

Effects of open defecation are :

- Waterborne diseases.
- Diseases caused by insect carrier.
- Pollution.

Question 2.

Write the benefits of bathing.

Answer:

Benefits of bathing are:

- Cleanses the body.
- Removes dirt and odour.
- Protects from infection.
- Improves blood circulation.

Question 3.

List out the types of touches.

Answer:

The two types of touches are good touch and bad touch.

Question 4.

Who are the persons in your safe circle?

Answer:

The persons in my safe circle are father, mother, grandpa, grandma, brother, sister and teacher.

Question 5.

Name the sensory organs of our body.

Answer:

The sensory organs of our body are eyes, nose, ears, tongue and skin.

IV. Arrange in correct order. (First and last steps are in correct sequence)

Question 1.

Wet your hands and apply enough soap.

Answer:

1

Question 2.

Rub the tips of your finger.

Answer:

6

Question 3.

Rub both hands by interlocking your fingers.

Answer:

4

Question 4.

Rub the back of each hand.

Answer:

3

Question 5.

Rub the palm together.

Answer:

2

Question 6.

Rub the back of each fingers.

Answer:

5

Question 7.

Rub the thumb and end of your wrist and rinse both hand with water.

Answer:

7

V. Answer the following Questions.

Question 1.

When do we wash our hands?

Answer:

We should wash our hands

- Before and after eating.
- After using the toilet.
- After playing outside.
- After touching an animal.

Question 2.

What will you do when somebody who are not in your 'safe circle*' touches you?

Answer:

- I will shout "Don't touch".
- I will leave the place immediately.
- I will ask help from my parent or from my teacher.

Question 3.

How can we protect our skin?

Answer:

- Always use a mild soap.
- Keep your skin dry and clean.
- Dry your skin by rubbing gently with a clean cloth.
- Consult a doctor when you feel any itching, skin, injury or infection.

Question 4.

How do we get intestinal worms?

Answer:

We get intestinal worms by

- i) Not washing hands after using toilets,
- ii) Using open defecation.

Question 5.

How do you help differently-abled people?

Answer:

I will help the differently-abled people by

- Bring them to cross the road,
- Making way for them.
- Opening doors for the disabled,
- Treat them as normal people.

VI. Project work.

Question 1.

Collect proverbs related to self-hygiene, health and sanitation.

Answer:

Self-hygiene proverbs :

- A healthy man is a successful man
- A broken hand works, but not a broken heart.
- Hygiene is two thirds of health

Health proverbs:

- Work is half of health
- A healthy soul cannot live in a dry body
- Health is better than wealth.

Sanitation proverbs:

- Cleanliness is next to godliness
- Cleanliness is a state of purity, clarity, and precision
- Cleanliness and good sanitation in schools is a matter of high importance

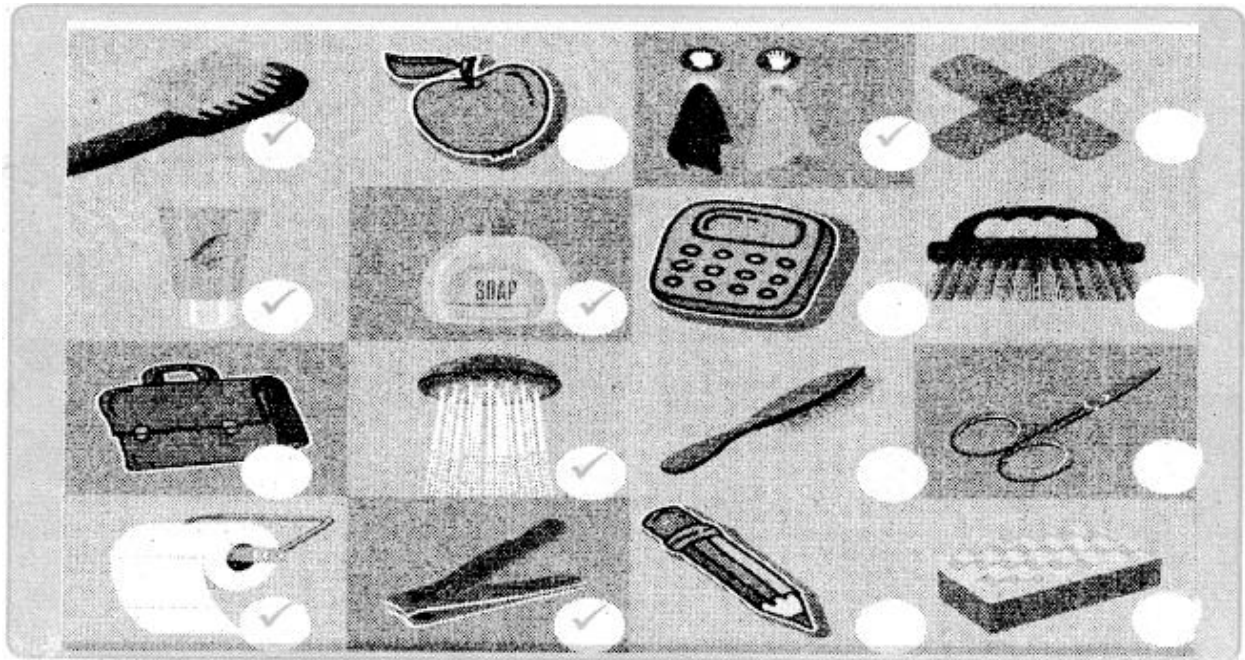
InText Activity:

Tick(✓) the items used for personal hygiene (Text Book Page No. 86):

Question 1.

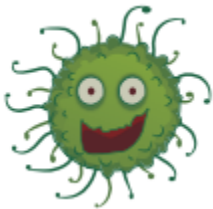


Answer:



Let us Write (Text Book Page No. 89):

Complete the Worksheet:



Germ

Question 1.

Do germs make people sick?

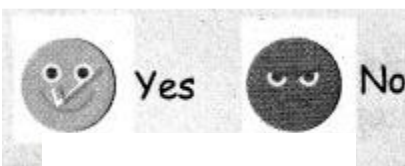


Yes



No

Answer:



Question 2.

Can you see germs?

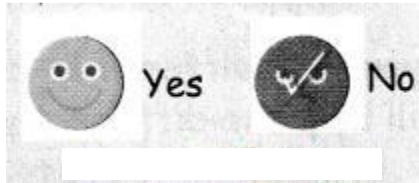


Yes



No

Answer:



Question 3.

Where are the germs found?

Answer:

1. Germs are found in air and water.
2. Germs are found in our hands, nails and in the ridges.

Question 4.

What can I do to avoid the spreading of germs?

Answer:

1. We should wash our hands properly.
2. When we cough or sneeze, we should use handkerchief.

Think Zone (Text Book Page No. 89):

Question 1.

Preethi often bites her nails. Is it a good habit? Give reason.

Answer:

No, it is not a good habit.

Because germs are found under the nails, in the ridges.

Think and Discuss (Text Book Page No. 89):

Question 1.

Arun usually eats food or snacks without washing hands properly. Is it correct? Give reason.

Answer:

No, It is not correct. Because germs are found in dirty hands.

Put a tick (✓) for correct action and cross (X) for the wrong action
(Text Book Page No. 91):

Question 1.



Answer:



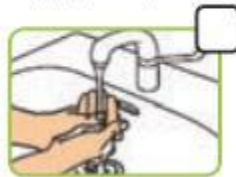
Let us Answer (Text Book Page No. 92):

Read the statements given below. Identify whether it is Right (✓) or Wrong (X) and put the suitable symbol.

Wet your hands before washing



Apply soap on hands



Rub the back of the fingers



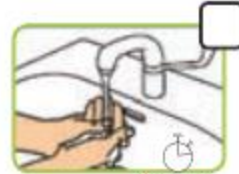
Rub the thumb



Use enough water to rinse the hands



Wash your hands at least for 2 minutes



Use soap for bathing

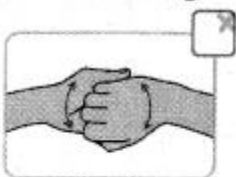


Using toilets is a good habit

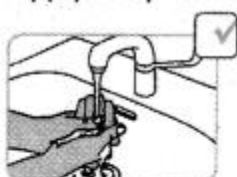


Answer:

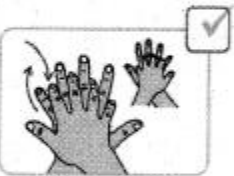
Wet your hands before washing



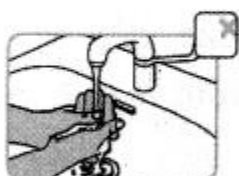
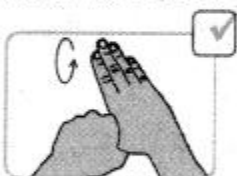
Apply soap on hands



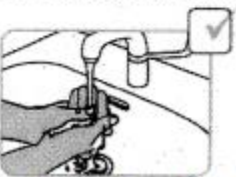
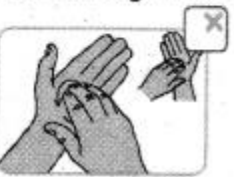
Rub the back of the fingers



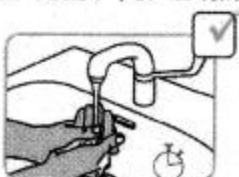
Rub the thumb



Use enough water to rinse the hands



Wash your hands at least for 2 minutes



Use soap for bathing

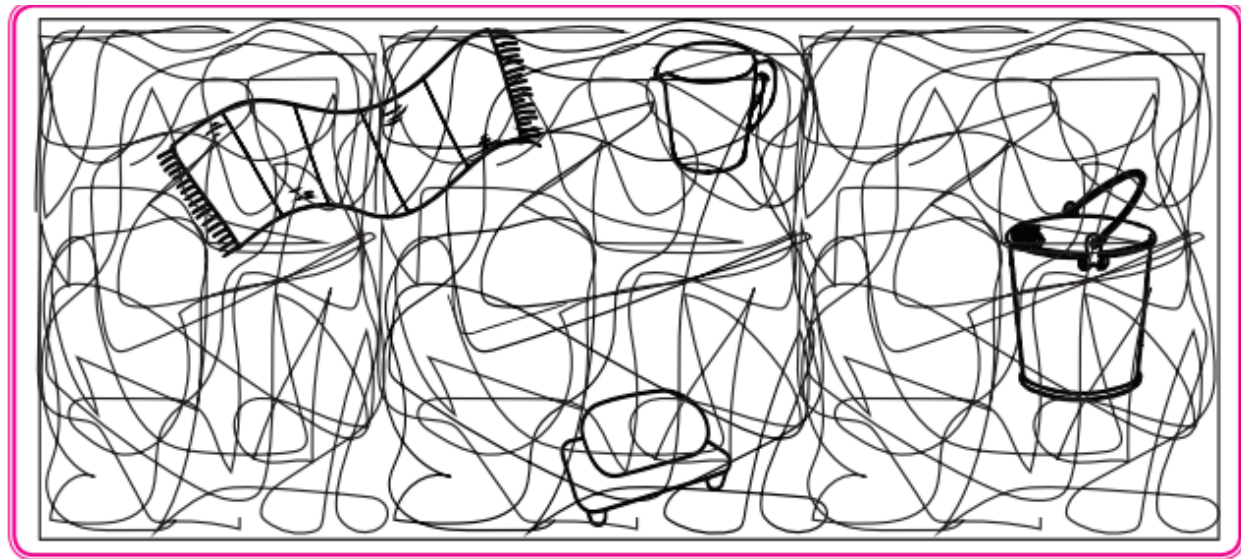


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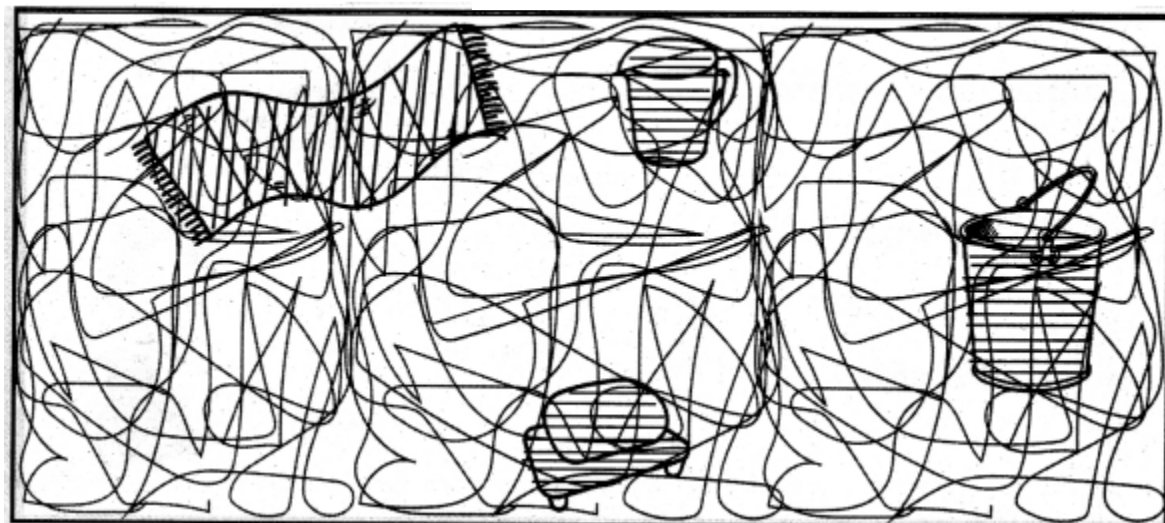


Let us find (Text Book Page No. 92):

Question 1.



Answer:



Think Zone (Text Book Page No. 93):

Question 1.

Anu plays with her baby brother. As he cries, she gives him a pencil. On seeing this, Anu's mom was shocked. She quickly takes the pencil back. Do you know why?

Answer:

The pencil has a sharp end. It may hurt the baby's eye or ear.

Let us do (Text Book Page No. 95):

Read the given statements carefully. Write 'T' if it is True and 'F' if it is False.

Question 1.

Avoid playing video games or watching TV for a long time.

Answer:

T

Question 2.

Avoid loud noise.

Answer:

T

Question 3.

Do not clean your nose by inserting any object into it.

Answer:

T

Question 4.

A dirty tongue may cause disease and bad breath.

Answer:

T

Question 5.

Dry your skin by rubbing gently with a dirty cloth.

Answer:

F

Let us discuss (Text Book Page No. 98):

Question 1.

You are playing in the park. Someone gives you eatable things/toys. What will you, do?

Answer:

I won't buy any things.

Question 2.

If someone touches you, you feel uncomfortable. What will you do immediately? To whom you will inform this?

Answer:

- I will leave that place immediately.
- I will inform to my parents or teachers.

Match (Text Book Page No. 99):

Question 1.

1. Orthopedically challenged -



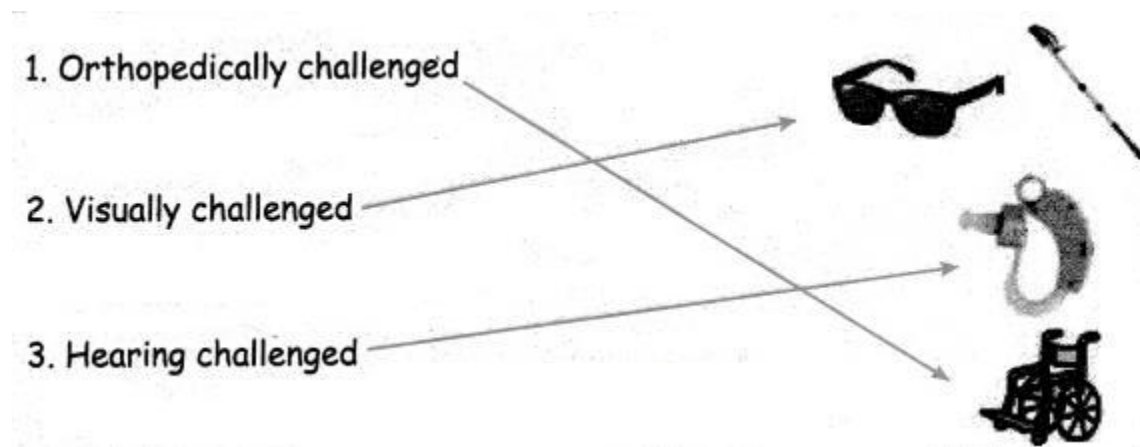
2. Visually challenged -



3. Hearing challenged -



Answer:



Find and circle the words related to fitness (Text Book Page No. 101):

(SLEEP, ENERGY, HEALTHY, RUN, JUMP, PLAY, YOGA)

X	E	M	R	U	N	J
Y	N	D	S	F	P	V
H	E	A	L	T	H	Y
T	R	E	E	S	T	U
Z	G	C	E	K	W	R
K	Y	A	P	L	A	Y
O	A	G	O	Y	Q	N

Answer:

X	E	M	P	M	U	J
Y	N	D	S	F	P	V
H	E	A	L	T	H	Y
T	R	E	E	S	T	U
Z	G	C	E	K	W	R
K	Y	A	P	L	A	Y
A	G	O	Y	R	U	N