

Health and Hygiene

- You must have heard the proverb 'Health is wealth' and Cleanliness (hygiene) is next to godliness.
- Every student must be aware of the importance of health.

Now read the conversation (related to health and hygiene) given below:

Seema : Good morning, madam.

Teacher : Good morning, Seema.

Seema : I am not well today.

Teacher : This is a health related problem.

Seema : What is health, ma'am?

Teacher : Health is the state of complete physical, mental, emotional, spiritual and social well-being. It is not only absence of diseases.



Saroj : Could you please explain these different types of health ?

Teacher : I'll explain to you one by one.

- When the body is free from any physical ailment or abnormal condition, it is physical health.
- The state of absence of stress, tension, worry, negative thoughts, etc. is mental health.
- A balanced state without anger, greed, pride, hatred, etc. is emotional health.
- To live in oneself with uniformity and harmony is spiritual health.
- To maintain, protect and improve the health of people through organized

social efforts is social health.

Sushma : Why do we fall ill?

Teacher : Because we don't pay attention to hygiene.

Santosh : What is hygiene, ma'am?

Teacher : Hygiene is the science



and art of preserving and improving health of a person (known as personal hygiene) and of a community (known as community hygiene).

Sunil : What should we do to



maintain personal hygiene, ma'am?

Teacher : To maintain personal hygiene we should :

- brush our teeth regularly.
- bathe with fresh water regularly.

- wear clean and dry clothes.
- wash our hands with soap after using the toilet and before every meal.
- wash our eyes with cold water regularly.
- cut our nails regularly and keep them clean.
- use pure drinking water.
- never take uncovered eatables.
- use handkerchief while coughing or sneezing.
- take a balanced and healthy diet.

Hemlata : How should we maintain community hygiene, ma'am?

Teacher : To maintain community hygiene, we should:

- keep our surroundings and environment clean.
- receive the drinking water supply through underground pipe system.
- build and use the public toilets (latrines).
- use manure pits for animals' droppings.
- grow more and more trees.



Aruna : Thanks a lot, ma'am. Now we have learnt well that health is wealth and cleanliness is next to godliness. In fact, knowledge is an income.

Teacher : You are welcome.



Glossary

hygiene	-	keeping oneself and things around one clean
emotional	-	connected with people's feelings
spiritual	-	connected with human spirit
well-being	-	a state of being healthy and happy
ailment	-	any illness
abnormal	-	different from what is normal or usual
stress	-	worry and pressure by the problems
hatred	-	a strong feeling of dislike
protect	-	to keep safe
preserve	-	to keep in a good condition
sneeze	-	to make air come out of your nose suddenly
manure	-	the waste matter from animals and plants mixed with soil to help plants grow
droppings	-	waste material from the bodies of animals or birds

Activity I

A. Tick the correct alternative :

I) A balanced state without anger, greed, pride, hatred etc. is

- a) physical health.
- b) spiritual health.
- c) social health.
- d) smotional health.

II) The state of complete physical, mental, emotional, spiritual and social well being is

- a) wealth



- b) hygiene
- c) health
- d) none of the above

B. Complete the following statements by choosing from the text-

- i) We should bathe with fresh
- ii) We should wear clean and
- iii) We should use pure.....
- iv) We should use handkerchief while.....
- v) We should take balanced and.....

Activity II



A. Fill in the blanks with words from the box-

toilets	manure	hygiene
environment	trees	supply

- i) How should we maintain community ma'am?
- ii) We should keep our surroundings and clean.
- iii) We should receive the drinking water through underground pipe system.
- iv) We should use pits for animals' droppings.
- v) We should build and use the public
- vi) We should grow more and more

B. Fill in the following crossword puzzle with suitable words -

Across

- 2. Cleanliness is next to g.....
- 3. His wealth.
- 5. B.....with fresh water regularly.

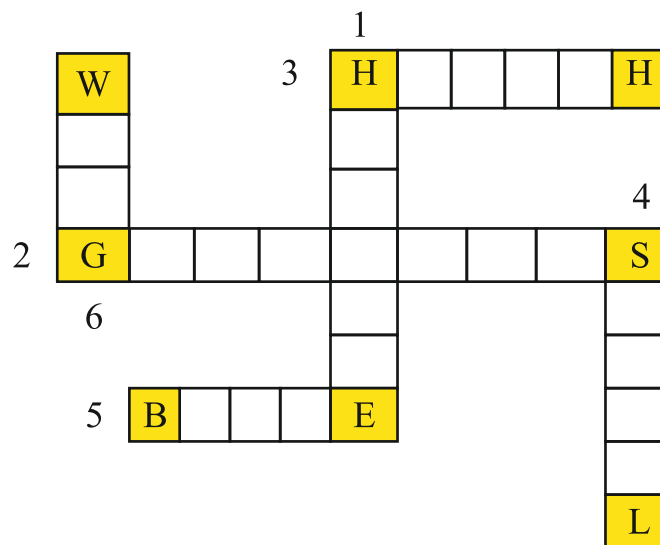


Downward

1. What should we do to maintain personal h....., ma'am?
4. Health is the state of complete physical, mental, emotional, spiritual and swell-being.

Upward

6. Gmore and more trees.

CROSSWORD PUZZLE**Activity III**

A. Read the following sentences taken from the text. And pay attention to the use of 'a', 'an' and 'the'.

1. This is a health-related problem.
2. Knowledge is an income.
3. When the body is free from physical ailment, it is physical health.

- 'A' is used before a word beginning with a consonant sound. It stands for any or one person, animal, place or thing. See sentence number one.
- 'An' is used before a word beginning with a vowel sound. It also stands for any or one person, animal, place or thing.
- 'The' is used for a particular name of a person, animal, place or thing.

Now fill in the blanks with 'a', 'an' or 'the'.

- Hygiene relates to the health ofperson.
- Eat apple a day for good health.
- To maintain, protect and improvehealth of people is social health.
- Improving health of community is community hygiene.
-orange is a juicy fruit.
- Hygiene isscience of preserving and improving health.

B. Read the following sentences. And learn to identify Sentence Elements (Subject, Verb, Object, Complement, Adverbial S V O C A).

- Students laugh. (Subject & Verb)
- Students wear uniforms. (Subject, Verb & Object)
- Seema is a student. (Subject, Verb & Complement)
- Students study in the morning. (Sub., Verb & Adverbial)
- Students study English in the morning. (Sub., Verb, Object & Adverbial)

- The doer of the action is said to be the subject of a sentence, as it is in all the above sentences.
- The word which denotes an action or a state is a verb, as it is in all the above sentences.
- The receiver of action is called the object, as it is in sentences number two and five.
- A word or a group of words added to a sentence to make it complete is said to be a complement, as it is in the sentence number three.



Now mark the sentence elements in the following sentences.

1. The teacher guides Seema.
2. He is a teacher.
3. The baby is sleeping on the bed.
4. Seema asked the teacher many questions.
5. Seema came there in the morning.

Activity IV



- A. The students are to listen to the following paragraph to be read out by their teacher.**

Food hygiene is a necessary part of maintaining good health. Always buy quality food items. We must keep our kitchen clean and dry. Cleanliness during preparation of food is necessary. Vegetables need to be washed properly and carefully before cutting them. Clean your refrigerator regularly. Always use germ-free water. We must store our food and drinking water in clean and dry place.

- B. You have listened to the paragraph read out by your teacher. Now answer the questions based on this paragraph-**

- i) Suggest a suitable title.
- ii) What type of food items should we buy?
- iii) How should we keep our kitchen?
- iv) What should we clean regularly?
- v) Should we wash the green vegetables?

Activity V

- A. How can we keep good health? Write six sentences using the clues given below.**

- personal hygiene.
- community hygiene.
- food hygiene.

