

ACTIVITY - 1

Read this rhyme.

Early to bed and early to rise
makes a man healthy, wealthy, and wise.

Work in pairs and discuss the following questions.

- Do you get up early?
- Do your parents advise you to go to bed early and get up early? Why?
- What other advice is given to you to stay healthy.

Work in pairs. List the advice given to you by your elders to make you healthy.

ACTIVITY - 2

Read this passage.

Hygiene is all about keeping oneself clean and healthy. You are a very important person and you should keep yourself healthy. Hygiene promotes the health of people and the community. There are some clean habits everyone should try to follow.

Let's learn the importance of cleanliness.

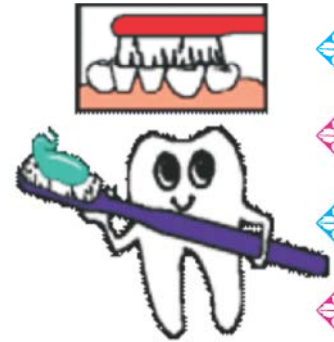
For example; dental hygiene is made up of brushing your teeth at least two times each day and trying not to eat too many sweets. Taking good care of your mouth and teeth will help you to have a nice smile.

Habits for good health include :

- getting a good night's sleep.
- eating a good breakfast (don't skip breakfast because it gives you the energy you need to

Key Words :

hygiene - keeping yourself and your living and working areas clean
promote - to help something to happen or develop
swell - to become bigger or rounder
blister - swelling on the surface of the skin that is filled with liquid by burn
ointment - cream that you rub or apply on the skin to cure a wound



make it through to lunch)

- washing your hands frequently to avoid spreading germs.
- taking a bath daily to keep the dirt and odour away
- walking, playing, riding your bike (don't forget to give some exercise to your brain by reading and doing your school work too!)



ACTIVITY - 3

Work in groups of four. Find out what your friends do to keep healthy. Then report it to the class.

ACTIVITY - 4

Study the following information.

First aid is the care given to a person who is hurt. Accidents and injuries happen once in a while. How can you help?

You need to try your best to stay calm. You can save a life just as much as anybody can!

For example; here are some general first aid tips for a person who has got burns.

First, see what type of burn it is and then treat it in one of the following ways:

First degree

- There will be redness and pain, no blisters and the area may also swell
- Hold the burn under cold/cool, running water
- Do not apply butter or ointments.

Second degree

- The skin may look wet, this burn is usually very painful.
- There will be blisters.



- Get help right away.
- Do not put ice.
- Do not break the blisters.
- Do not use cotton balls to clean the area.
- Do not apply any ointments, let a doctor decide how to treat this burn.

Third degree

- This burn will appear brown or black with the part under it sometimes looking white
- Do not try to treat this type of burn
- Take the person to the hospital. This burn type needs to be treated at a hospital as soon as possible

ACTIVITY - 5

Work in groups. Contact your science teacher or a doctor and find out first aid tips for the following problems.

Problem	First aid tip
Bleeding	
Broken bones	
Snake bite	

ACTIVITY - 6

Prepare posters for spreading first aid awareness for the above mentioned problems and exhibit them in your school.

ACTIVITY - 7

Here are some words and expressions related to health. Categorize them in the following table.

- | | |
|---|---|
| • I'm ill. | • Brush your teeth regularly. |
| • I have a broken / sprained / twisted ankle / wrist. | • I have a bruise / cut / graze / wound. |
| • Relax. | • I have a headache / stomach ache / earache / toothache / backache / |
| • Sleep early (= don't stay up late!) | • I feel great / well |



- I'm shattered
- She is hale and hearty
- Exercise regularly.
- Eye drops
- Syringe
- Eat healthy food.
- Have regular medical check up.
- I have a flu / cold / runny nose / fever / high temperature / sore throat
- Go on a diet.
- Drugs
- Medicine bandage
- Dose (of medicine)
- Pain-killer
- Pill
- I am alive and kicking
- Operation / surgery
- Prescription
- I feel good
- I have a pain in my back / tooth / head...
- I feel sick. I'm feeling nauseous.
- Check-up
- Diagnosis
- Syrup
- Tablet

To say you are ill	
To say you are feeling OK	
Health problems	
Health advice	
Treatment	

ACTIVITY -8

Do you love to go for exercises? Select one exercise your teacher makes you do. You want other children to do that exercise. Write down instructions for them.

Instructions: for example : Stand straight



ACTIVITY -9

Read the poem.

DO YOUR BEST

Do your best, your very best,
And do it every day.
Little boys and little girls,
That is the wisest way.

Whatever work comes to your hand,
At home, or at your school,
Do your best with right good will;
It is a golden rule.

For he who always does his best,
His best will better grow;
But he who shirks or slights his task,
Lets all the better go.

What if your lessons should be hard?
You need not yield to sorrow,
For he who bravely works today,
His tasks grow bright tomorrow.



ACTIVITY - 10

Read : Wisest way

Now think and find appropriate words for the following :

happiest _____

saddest _____

biggest _____

smallest _____

softest _____

hardest _____

tallest _____

shortest _____