

Chapter 11: Health and Cleanliness

Worksheet 1

1. Fill in the blanks.

- (i) Cleanliness means to keep _____ .
- (ii) We need _____ hours of sleep at night.
- (iii) We should eat fresh and _____ food.
- (iv) Sleep provides us proper _____ .

2. Write T for true and F for false statement.

- (i) Cleanliness is a good habit.
- (ii) We need six hours of sleep.
- (iii) Spitting makes the surroundings dirty.
- (iv) *Swachh Bharat Abhiyan* was launched on 3 October 2014.

3. Replace the wrong word with correct one.

- (i) *Swachh Bharat Abhiyan* is for making India green . _____
- (ii) Junk food is good for health. _____
- (iii) Exercise makes us feel tired . _____
- (iv) Brush your teeth once a day. _____

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Worksheet 2

1. Give one word for the following.

- (i) They make our surroundings green.
- (ii) We should throw garbage in it.
- (iii) Doing this twice a day keeps the teeth healthy.
- (iv) Doing this makes our muscles strong.

2. Tick (✓) the activities which keep surroundings clean and Cross (X) which do not.

- (i) Throwing garbage and waste in the open.
- (ii) Planting more and more trees.
- (iii) Using cloth bags instead of polythene bags.
- (iv) Spitting after chewing *gutkha* and *pan*.

3. Answer these questions.

- (i) What is cleanliness?
- (ii) Why is food necessary for us?
- (iii) Why should we wash our hands before eating food?
- (iv) Why should we not eat junk food?