

Chapter 12: Cleanliness and Hygiene

Worksheet 1

1. Fill in the blanks.

- (i) We get hygiene through the habit of _____.
- (ii) Dirty nails carry _____ of many diseases.
- (iii) We should take _____ sleep daily.
- (iv) Leather will be thrown into _____-coloured bin.
- (v) _____ grows on moist and stale bread.

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

- (i) We should brush our teeth twice a day.
- (ii) Dirty clothes cause skin diseases.
- (iii) Degradable garbage never decays.
- (iv) Dengue is a communicable disease.
- (v) Disinfectants are used to clean fruits and vegetables.

3. Tick (✓) good habits and cross (✗) bad habits.

- (i) Throwing waste in dustbin. _____
- (ii) Not talking while eating food. _____
- (iii) Not covering mouth while sneezing or coughing. _____
- (iv) Getting up late after sunrise. _____
- (v) Eating fresh and healthy food. _____

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Worksheet 2

1. Give one word for the following.

- (i) A green spongy material that grows on a moist and stale bread
- (ii) Bin of this colour is used for collecting wet garbage
- (iii) The garbage which do not decay
- (iv) Making of useful items from used and discarded ones
- (v) A substance which stops germs to grow

2. Match the following.

Column A

- (i) Brushing
- (ii) Sleeping
- (iii) Mothballs
- (iv) Washing fruits
- (v) Covering mouth

Column B

- (a) Repel insects
- (b) Twice a day
- (c) Before eating
- (d) While coughing
- (e) Eight hours

3. Answer these questions.

- (i) Which communicable diseases are caused due to dirty food and water?
- (ii) Which diseases are spread by mosquito bite?
- (iii) Bins of which colour are used for collecting dry garbage?
- (iv) Which type of garbage decays?
- (v) What are germs?