



A healthy body helps us to feel good and live well.

In order to be healthy, we must take care of our body. Good health helps us to stay active and strong. It keeps us fit. We should-

- keep ourselves clean.
- exercise daily.
- have good food habits.
- sleep well.



KEEPING CLEAN

Our body needs care. Personal cleanliness keeps us healthy. So, let's learn more about hygiene and cleanliness.

Here are some ways to keep clean, you should :

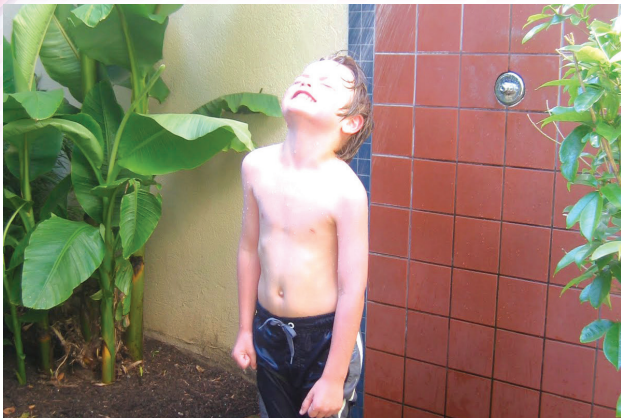


A boy washing hands

- brush your teeth everyday in the morning and at night.



A boy brushing



A boy bathing

- Keep your eyes, ears and nose clean.
- Always wash your eyes with clean water.
- Use handkerchief to wipe your face.



A girl combing her hair

- Keep your nails short and clean.



Yoga

- Take a bath every day. Use a clean towel to dry yourself.
- Wear clean clothes after a bath.



A boy using handkerchief to blow his nose

- Keep your hair clean. Comb them properly.



An adult cutting the nails of a kid

KEEPING FIT

Rest

Rest is very important for our body. It is essential for proper functioning of our mind and other body parts.

Exercise

Exercise makes our body healthy and fit. It helps our body parts to move easily.

Yoga, skipping, running and jogging are some ways to keep us fit and healthy. Walking is also a good exercise.



Skipping



Running



Playing

We should go for a morning walk daily. Playing outdoor games also make us healthy and strong.

Eat Well

Taking the right food at the right time is also very necessary for a good overall health. Our food must include variety of foods.

Our diet must include fresh vegetables, fruits, cereals, pulses and milk in our daily meals.



Eat Well

Sleep

Sleep is a natural part of everybody's life. Sleep, like diet and exercise, is important for our minds and bodies to function properly.

We must sleep for eight hours in a day. We should never cover our face while sleeping.

We should go to sleep early and wake up early.



A boy sleeping with a window open and fresh air coming in.

GOOD HABITS

It is essential to develop good habits to stay healthy :

- Do not bite your nails.
- Never spit on the floor or road.
- Throw waste in dustbins.
- Do not dirty your surroundings.
- Cover your mouth while sneezing, coughing or yawning.



Know the Keywords :

Exercise : Physical activity to stay healthy.

Yoga : A kind of exercise.

Hygiene : The science concerned with the prevention of illness and maintenance of health.

Point to Remember

- Personal cleanliness keeps us healthy.
- Regular exercise keeps our body healthy.
- Yoga, skipping and running are some ways to keep us fit and healthy.
- Rest refreshes our body and mind.
- Always follow good food habits.

EXERCISE TIME

A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

1. In order to be healthy, we must take care of our _____.
a. hobby b. body c. things
2. We should brush our teeth _____ a day.
a. thrice b. twice c. once
3. Exercise makes our body _____.
a. healthy b. fit c. both (a) & (b)
4. We should sleep for _____ hours in a day.
a. eight b. seven c. nine

B. Fill in the blanks with the right word :

1. Good food is necessary to keep the body _____. (unhealthy/healthy)
2. We must take a _____ everyday to clean our body. (bath/tea)
3. We should wear _____ clothes. (dirty/clean)
4. We should not cover our face when we _____. (play/sleep)

C. Match the columns :

Column A

1. Exercise helps us
2. We should sleep
3. We should eat
4. Nails must be

Column B

- a. kept short and clean
- b. to stay active
- c. eight hours in a day
- d. fresh fruits and vegetables

D. Answer the following questions :

1. What should we do to keep ourselves clean?

2. How is exercise useful for us?

3. What should we eat to keep ourselves healthy?

4. Write any four good habits.

Activity Time



- Tell us something about yourself.

1. The colour of your towel is _____.

2. The soap you use to clean your body is _____.

3. You like to keep your hair (long/short) _____.

4. You cut your nails when they are (long/do not cut nails)

5. You (wash/do not wash) your hands before and after eating food.
