

A Healthy Home

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Everybody needs a home to live in. A major part of one's life is spent at home. A house keeps us safe. It protect us from the hardships of weather and enemies. The kind of house we build, depends upon our needs and the money we can spend.

We see various types of houses around us. Some are big, others are small. They are built of different materials.



House

All types of houses have following things in common :

- All types of houses have roofs of some kind.
- All of them have walls and doorways of some kind.
- All help us to keep out the hot sun, rain and wind.



Drawing room



Bed room



Kitchen



Bathroom

Most of the big houses have drawing room, study, kitchen, dinning room, bedroom, a bathroom, a toilet and store room.



Toilet



Dinning room



Study room



Store room

If the house is small, we use one room for more than one purpose. That room can be divided to make arrangements for cooking, storing and sleeping. Care should be taken to put things in their proper places after use.

ESSENTIALS OF GOOD HOUSE

A good house should have some essential features :

A house should be airy and well lit : A good house should have thick walls for safety and large windows to allow plenty of air and light to come in. The house should have high ceilings to keep the house cool on hot days. The doors and windows should face each other so that the air can pass freely. This is known as **cross-ventilation**. It provides fresh air for breathing. A good house should have a lawn for enjoying the fresh air and sunshine. It also provides a place for children to play.



A house should have good drainage : A good house should have a proper bathroom for washing and bathing. There should be a proper covered toilet seat. The drain from the kitchen and toilet should be covered to keep the mosquitoes and flies away. The rainwater should flow away from the house.



A house should have clean surrounding : A house should have clean surroundings. Plants and flowers not only look good but also purify the air.

A house should offer safety : House should be a safe place to live in. So, it should have belts on the doors and bars on the windows. The cupboards for keeping costly things should have locks. Doors and windows should be covered with wire gauze as protection against insects. A house should have boundary wall or fence all around to keep out the animals which may spoil the garden.



WAYS TO KEEP HOUSE NEAT AND CLEAN

Every house should be neat and clean.

- Washbasins, toilets and bathrooms that breed germs and diseases must be washed and cleaned everyday.
- Dustbins must be kept away from the places we cook and eat. They should be covered and cleaned everyday.



- A good house should have a proper drainage system that carry dirty water from the house.
- Garbage should be thrown at proper dumping places.
- We should clean the house everyday. We should have a fixed place for keeping things. This saves the time for searching them.



Do You Know ?

Glass is used in windows to let sunshine come in.

- Coolers should be dry when not in use. The curtains on the doors and windows must be washed regularly.
- Grow plants around the house. They keep the air clean.



Know the Keywords :

Ventilation : Let fresh air come

Drainage : System of drains

Fence : Enclosing an area

Point to Remember

- We need a house to live in comfort and to protect ourselves from bad weather and enemies.
- A good house should be well-ventilated and clean.
- A house should have separate rooms for sitting, studying, eating, sleeping, cooking, bathing, toilet and storage.
- The house and its surrounding areas should be cleaned everyday.

- A house should have proper drains to take away the dirty water from the kitchen, toilet and bathroom.

EXERCISE TIME

A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

- Everybody needs a _____ to live in.

a. tent	<input type="radio"/>	b. hut	<input type="radio"/>	c. home	<input type="radio"/>
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- A house should have _____ surroundings.

a. dirty	<input type="radio"/>	b. clean	<input type="radio"/>	c. crowded	<input type="radio"/>
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- Grow _____ around the house.

a. thorns	<input type="radio"/>	b. plants	<input type="radio"/>	c. vegetables	<input type="radio"/>
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B. Fill in the blanks :

- Everybody _____ a home to live in.
- We see various types of _____ around us.
- A good house should have thick _____ for safety.
- A good house should have proper _____ for washing and bathing.

C. How do we use these rooms ?

- Drawing room : _____
- Kitchen : _____
- Bathroom : _____
- Bedroom : _____
- Dinning room : _____

D. Look at the following pictures and write their names :



E. Answer the following questions :

1. Write down the essential features of a good house.
2. How can we keep our house clean ?
3. Why should we keep our house clean ?
4. Why should we grow trees and plants around our house ?
5. What can you do to keep your house neat and tidy ?



Creative Work

- Given below are pictures of the things used for cleaning a house. Write their uses :










