

Name _____ Sec. _____ Date: _____

1) Answer the following.

a) Define health.

b) What is posture?

c) Mention any three healthy habits.

1. _____

2. _____

3. _____

2) Give reasons.

a) We must take proper rest because _____

b) We must not clean our ears with a sharp object because _____

3) Write True or False.

a) Personal hygiene is a must to stay healthy. _____


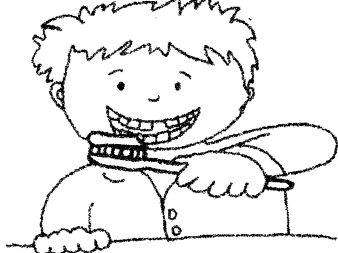
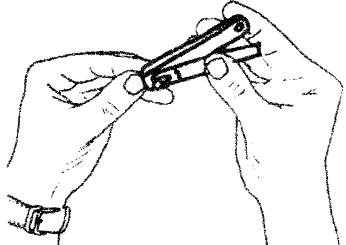

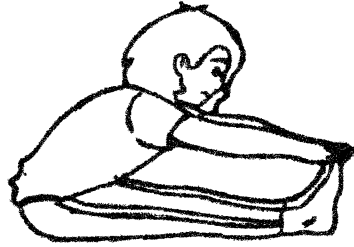

b) We should eat six meals a day. _____

c) Tooth decay is caused by eating too much of sweets. _____

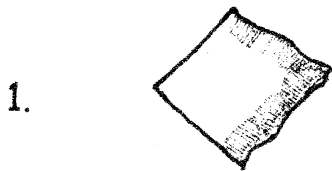
d) It is important to maintain a good posture only while sitting. _____

e) Playing games is also a form of exercise. _____

4) Write 'H' for the habits that are healthy and 'U' for the unhealthy ones:

<p>Take bath daily with soap and water.</p>  <input data-bbox="540 358 666 470" type="checkbox"/>	<p>Brush your teeth once in the morning only.</p>  <input data-bbox="1293 358 1419 470" type="checkbox"/>
<p>Get your nails clipped once in a month.</p>  <input data-bbox="556 672 682 784" type="checkbox"/>	<p>Cover your sneeze.</p>  <input data-bbox="1285 649 1411 761" type="checkbox"/>
<p>Exercise regularly.</p>  <input data-bbox="603 1008 729 1120" type="checkbox"/>	<p>You should bend your shoulders while sitting.</p>  <input data-bbox="1285 929 1411 1041" type="checkbox"/>

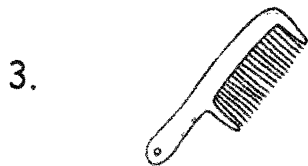
5) Match the following:



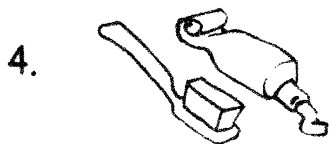
brushing ()



combing ()



sneezing ()



bathing ()

