

How to Grow Well?

A. Choose the correct answer:

1. What should we eat to grow strong and healthy?

- A) Junk food
- B) Fruits and vegetables
- C) Chocolates and chips
- D) Ice cream

2. Why is sleep important for growth?

- A) It helps us play more
- B) It makes us lazy
- C) It helps our body rest and grow
- D) It stops our growth

3. Which activity helps in keeping our body strong?

- A) Watching TV
- B) Sleeping all day
- C) Playing and exercising
- D) Eating lots of candy

4. What is important for staying healthy and growing well?

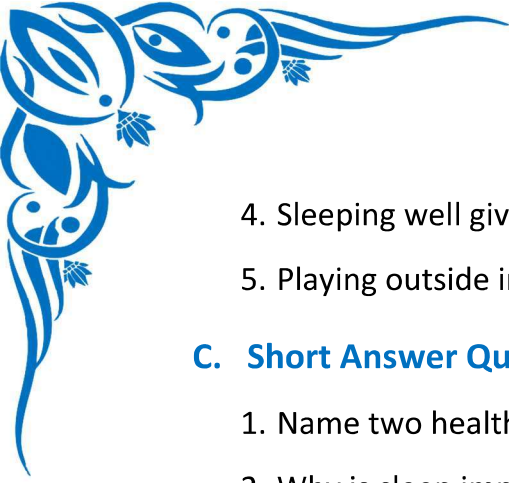
- A) Drinking plenty of water
- B) Eating too many sweets
- C) Playing video games all day
- D) Skipping meals

5. How does regular exercise help us grow?

- A) It makes us tired
- B) It keeps our body strong and healthy
- C) It stops our growth
- D) It makes us sleepy all the time

B. Fill in the Blanks:

1. We need healthy _____ to grow strong.
2. Drinking plenty of _____ keeps our body fresh.
3. Exercise helps our body stay _____ and _____.



4. Sleeping well gives our body time to _____.
5. Playing outside in fresh air makes us _____ and happy.

C. Short Answer Questions:

1. Name two healthy foods that help us grow.
2. Why is sleep important for growth?
3. How does exercise help in growth?
4. Why should we drink plenty of water?
5. What should we do to stay healthy and grow well?