

# Introduction of Looking after ourself

## 1. Answer the following questions.

A. What is a healthy body?

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B. Define “looking after our self”?

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C. What does our body need?

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D. How does our body care?

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## 2. True /False:-

A. Own body is like a machine.

B. A healthy mind stays in a healthy body.

C. We need healthy food for its proper functioning.

D. Our body needs care.

**3. Fill in the blanks:-**

- A. Our \_\_\_\_\_ Is like a machine.(body/part)
- B. Machine needs \_\_\_\_\_.(maintence/body)
- C. We have to \_\_\_\_\_ (take care/part) of our body.
- D. A healthy \_\_\_\_\_ in a healthy body.(mind stays/take care)