



Looking After Our Body

A. Choose the Correct Answer:

1. Which part of the body helps us to see?

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| a) Ears | b) Eyes |
| c) Nose | d) Hands |

2. What should we do before eating food?

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| a) Run around | b) Play with toys |
| c) Wash our hands | d) Sleep |

3. Why is it important to brush our teeth twice a day?

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|-----------------------------|---------------------------|
| a) To keep them shiny | b) To prevent tooth decay |
| c) To make them grow faster | d) To change their color |

B. Fill in the Blanks:

1. We should brush our _____ twice a day to keep them healthy.
2. Drinking plenty of _____ keeps our body hydrated.
3. We must get enough _____ to stay active and fresh.

C. Case Study:

Ravi and Ananya are siblings.

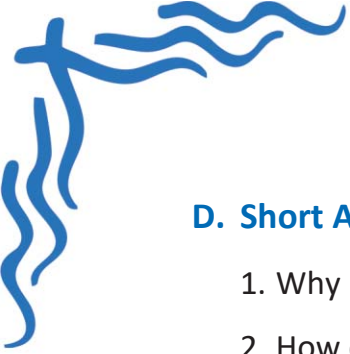
- Ravi brushes his teeth twice a day, takes a bath daily, and eats healthy food.
- Ananya often skips brushing her teeth, eats lots of sweets, and does not wash her hands before eating.

After a few months:

- Ravi feels healthy, has strong teeth, and plays actively.
- Ananya often has toothaches and feels tired.

Case Study Questions:

1. What healthy habits does Ravi follow?
2. Why does Ananya have toothaches?
3. How does washing hands before eating help prevent illness?
4. What can Ananya do to stay healthy like Ravi?



D. Short Answer Questions:

1. Why is it important to take a bath every day?
2. How does regular exercise help our body?
3. Why should we avoid eating too many sweets?

E. Long Answer Questions:

1. Explain why personal hygiene is important for staying healthy.
2. Describe how healthy eating habits keep our body strong and fit.
3. Discuss why regular sleep is necessary for a healthy body and mind.