# Importance of Clean Water, Clean Food and Clean Clothes

#### A. Choose the Correct Answer:

- 1. Why is it important to drink clean water?
  - a) To prevent dehydration
  - b) To avoid waterborne diseases
  - c) To increase pollution
  - d) To cause stomach infection

# 2. What can happen if we eat contaminated food?

- a) It makes us healthy
- b) It causes food poisoning and stomach infections
- c) It provides more nutrients
- d) It boosts immunity

#### 3. Why should we wear clean clothes?

- a) To look stylish
- b) To prevent skin infections and stay hygienic
- c) To attract attention
- d) To avoid getting wet

#### B. Fill in the Blanks:

1.	Drinking water helps prev	vent waterborne diseases.
2.	Eating clean and fresh	keeps us healthy and provides proper
	nutrition.	
3.	Wearing clean clothes prevents	infections and maintains hygiene.

# C. Case Study:

Rohan and his sister went on a school camping trip.

- During the trip, they were provided with bottled water and freshly cooked food.
- Rohan noticed that some students were drinking water from a nearby stream.
- The next day, some of those students fell ill with stomach aches and diarrhea.
- Rohan realized the importance of drinking clean water and eating safe food to stay healthy.

# **Case Study Questions:**

- 1. What did Rohan and his sister drink during the camping trip?
- 2. Why did some students fall ill?
- 3. What lesson did Rohan learn from this experience?
- 4. Why is it important to drink clean water and eat safe food?

### **D. Short Answer Questions:**

- 1. Why is it necessary to drink clean water?
- 2. How does eating clean food benefit our health?
- 3. What are the advantages of wearing clean clothes?

# **E.** Long Answer Questions:

- 1. Explain the importance of clean water, clean food, and clean clothes in maintaining good health.
- 2. How can unclean water, food, and clothes cause diseases? Give examples.
- 3. What steps should we take to ensure we consume clean water, food, and wear clean clothes?