

## Chapter 7

# Healthy Habits

To stay healthy and fit, we must follow certain good habits. Good habits make us good children. We should keep ourselves and our surroundings clean. Let us see how we can keep ourselves clean.



We should get up early in the morning.



We must brush our teeth twice a day.



We must take a bath every morning.



We must wear clean and well ironed clothes.



Keep your nails short.



We should wash our hands before and after eating food.



Comb your hair properly.



Clean your ears with ear buds or a damp towel.



Wash your face and eyes with cold water.

## Rules of Fitness

Exercise makes our body healthy and strong.

We must exercise daily. Exercise are great fun with friends.



Cycling



Playing



Swimming

We get tired after work and play. Our body needs some rest. Our body gets rest when we sleep. Children need to sleep for eight hours every night.

We should not sleep with our face covered.

Go to bed early at night and get up early in the morning.



Our body gets rest when we sleep

## A Glance on Terms

**Fit** : keeping healthy.

**Stay healthy** : good food, exercise and proper rest help us to stay healthy.

## Revision Time

- \* Cleanliness is good for health.
- \* To be healthy, we must follow certain good habits.
- \* Exercise make our body healthy and strong.
- \* Playing outdoor is good for us.
- \* Sleep, rest and exercise keep our body fit and healthy.

## ● Skill Test ●

### A. Tick (✓) the correct option:

1. \_\_\_\_\_ health is important for us.  
 (a) Bad                      (b) Good                      (c) Ill
2. We must exercise \_\_\_\_\_.  
 (a) Once a week              (b) Once a month              (c) Daily
3. When we are tired we should.  
 (a) Play                      (b) Take rest                      (c) Study

### B. Write 'G' for good habits and 'B' for bad habits :

1. Getting up early in the morning. ■
2. Combing your hair. ■
3. Fighting while playing. ■
4. Drinking milk in the morning. ■

**C. Match the columns to complete the sentences:**

- |                     |                            |
|---------------------|----------------------------|
| 1. Without rest     | (a) to keep fit.           |
| 2. sleep for        | (b) we can fall ill.       |
| 3. Eat healthy      | (c) to stay healthy.       |
| 4. Exercise help us | (d) eight hours every day. |

**D. Answer these questions:**

1. Why do we need good health?

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2. What do we get from sleep?

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3. How can we keep our teeth healthy?

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**Hot Questions**

Rohit has gone with his mother to a hospital. While there he starts eating biscuits. Is he doing the right thing. Discuss with your parents.

**Creative Corner**

**A. Colour the correct box :**

once a day    twice a day    once a week

1. I brush my teeth.

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2. I have a bath.

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3. I eat breakfast.

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**B. Make a list of good habits :**

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