

Lesson 10

Staying Clean and Healthy

A. Fill in the blanks:-

1. We should try to have good **habits**.
2. We should drink plenty of **water**.
3. Exercise helps us to stay **fit**.
4. We should cut our **nails** when they grow long.
5. We use a **toothbrush** to brush our teeth.

B. Write True or False.

1. Healthy food is good for us. **True**
2. We should drink one glass of clean water every day. **False**
3. We should not play games. **False**
4. Brushing teeth twice daily is a healthy habit. **True**
5. We should have a bath every day with soap and water. **True**

C. Answer the following questions.

1. Why should we have good habits?

Ans. We should have good habits to keep our body healthy.

2. Write down the names of three things you like to eat. Are they healthy?

Ans. I like to eat fruits, vegetables and milk. Yes, they are healthy.

3. Name any three clean habits you follow every day to stay healthy.

Ans.(i) I brush my teeth twice a day.

(ii) I wash my hands before and after meals.

(iii) I take bath daily with soap and water.

Lesson 11

Staying Safe

A. Fill in the blanks.

1. We should not **open** the door for people whom we do not know.
2. We should not touch ovens and toasters with **wet** hands.
3. We should not run down the **stairs**.
4. We should not go anywhere with **strangers**.
5. We should ask for help if we are **lost**.

B. Write True or False.

1. We can stay safe by being careful. True
2. We should not play with scissors and razors. True
3. We should not leave fruit peels on the floor. False
4. We should run up and down the stairs. False
5. It is safe to play on the road. False

C. Answer the following questions.

1. What do you mean by safety?

Ans. Safety means not getting hurt or being in danger.

2. Write any two safety rules to follow at school.

Ans.(i) Do not run down the stairs.

(ii) Do not push each other.

3. How can we be safe on the road? Give any two rules.

Ans. We should follow some safety rules on road.

(i) Never play on the road.

(ii) Always obey traffic rules.

Lesson 12

People Who Help Us

A. Write True or False.

- | | |
|--|-------|
| 1. A milkman delivers milk. | True |
| 2. A postman delivers clothes. | False |
| 3. A tailor stitches clothes for us. | True |
| 4. A teacher teaches us in school. | True |
| 5. A bus driver helps us to look after our garden. | False |

B. Choose the correct answer.

1. Who makes tables and chairs for us?

Ans.(c) A Carpenter

2. What does a postman deliver?

Ans.(a) Letters

3. Which of does a tailor do?

Ans.(a) Stitches clothes

4. Who teaches us in school?

Ans.(a) A Teacher

5. Who drives the school bus?

Ans.(c) A Driver

C. Answer the following questions.

1. Name any two people who help us when we fall sick.

Ans. Doctor and Nurse.

2. Name one person who helps us in school.

Ans. Teacher.

3. How do we treat people who help us?

Ans. We should respect them and their work.

Lesson 13

Places in Our Neighbourhood

A. Fill in the blanks.

1. The area around our house is known as our **neighbourhood**.

2. We go to **hospital** when we are sick.

3. We go a **park** to play.

4. The **police** protect us from thieves.

5. We should keep our neighbourhood **clean**.

B. Match the columns.

- | | |
|-----------------|-----------------|
| 1. School | b. Teachers |
| 2. Hospital | c. Doctors |
| 3. Market | d. Shops |
| 4. Fire station | a. Firefighters |

C. Answer the following questions.

1. Name any three important places found in your neighbourhood.

Ans. Market, park and school.

2. What is a market?

Ans. A market is a place where we go to buy and sell things.

3. Why do we go to a post office?

Ans. We go to a post office to buy stamps, envelopes and to post letters.

Lesson 14

Plants around Us

A. Fill in the blanks.

1. Most plants start their life as a **seed**.
2. Tall and strong plants are called **trees**.
3. **Some** plants have weak stems.
4. Grass is a **herb**.

5. We get **food** from plants.

B. Write True or False.

1. All plants are of the same kind. False
2. Trees have thick and strong stems. True
3. A cotton plant is a small plant with a woody stem. True
4. A grapevine has a strong and woody stem. False
5. We get paper from plants. True

C. Answer the following questions.

1. Name the different types of plants.

Ans. The different types of plants are trees, shrubs, herbs, climbers and creepers.

2. What is a tree? Give two examples.

Ans. A big and tall plant with a thick and strong stem is called tree.

Ex. Peepal, Neem, Banyan etc.

3. Name any five things we get from plants.

Ans. (i) Fruits (ii) Vegetables (iii) Flower

(iv) Flower (v) Gum