

LESSON – 11

CLEANLINESS, HEALTH AND HYGIENE

1. Tick (✓) the correct answer:

a. Trim your nails

Ans.ii. Once a week.

b. A good way to exercise is

Ans.iv. All of these.

c. Swachch Bharat Abhiyan was launched on

Ans. i. 2nd October 2014.

d. Clean your ears with a

Ans. iii. Clean towel.

2. Write True or False:

a. We should not wash our combs. False

b. We should pick our nose to clean it. False

c. Living in unclean surroundings can make us sick. True

d. Our body needs rest to recover when it is tired. True

3. Fill in the blanks:

a. **Exercising** helps to build muscles.

b. Cover the **dustbin** in which garbage is thrown.

c. Never urinate or **defecate** in the open.

d. Swachch Bharat Abhiyan was launched by Prime Minister **Narendra Modi**.

4. Answer the following:

a. What are germs?

Ans. Germs are very tiny living things that cannot be seen with naked eyes.

b. What are the objectives of Swachch Bharat Abhiyan?

Ans. Objectives of Swachch Bharat Abhiyan is to clean the streets, roads, infrastructure of the country's cities and towns, to keep villages clean and to bring water pipelines in villages.

c. Why should you not spit in the open?

Ans. We should not spit in the open because spit attracts germs and flies, that can spread infection.

d. List three ways of keeping your surroundings clean.

Ans. Three ways to keep our surrounding clean are:

i. Garbage should be thrown in covered dustbins.

ii. Dirty water coming out from the house should not be allowed to collect nearby.

iii. Never spit in the open.

e. List three ways of keeping your body clean.

Ans. Three ways of keeping our body clean are:

i. Brush our teeth twice a day.

ii. Take a bath daily with soap and water.

iii. Wash our hair at least twice a week.