

Rosary School / Marj El Hamam
Science Worksheet (2.A.I)



Name: _____

Grade I ()

Date: _____

Taking Care of Our Body

Objective: Tell that humans need to manage their diet, maintain hygiene and move regularly to be healthy.

1. Tick (✓) the correct box.

a. Fruits and vegetables are rich in vitamins and minerals. What role do they play in keeping our body healthy?

- ☐ They keep us strong.
- ☐ They give us energy for work and play.
- ☐ They help our body grow.

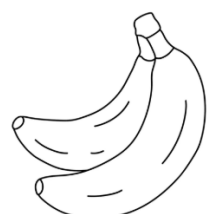
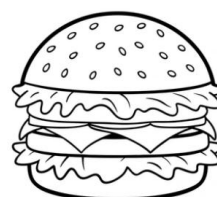
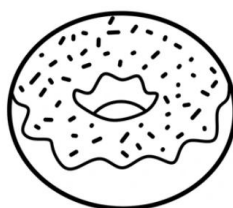


b. Milk, meat, eggs, and cheese are body-building foods. What role do they play in keeping our body healthy?

- ☐ They give us energy for work and play
- ☐ They keep us strong
- ☐ They help our body grow



2. **Colour** the food items that make unhealthy diet.



3. **Circle** the correct option.

- a. A (**germ** / **diet**) is a tiny living thing that can make us sick.
- b. How we keep ourselves clean is called (**bathe** / **hygiene**).
- c. Eating a lot of oily food can (**harm our body** / **keep us strong**).
- d. We should drink (**4 to 5** / **6 to 8**) glasses of water each day to stay healthy.

4. Write **true** or **false**.

- a. We should cut our nails once a month. (_____)
- b. We should wash our hands only after meals. (_____)
- c. Bread gives us energy for work and play. (_____)

5. **Fill in the blanks.** Use the following words.

You may not use all the words.

bathe	exercise	eight	clean
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- a. We need at least _____ hours of sleep every night to have enough energy to study.
- b. We need to _____ regularly to be clean and healthy.
- c. You must _____ if you want to be fit and strong.