

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.

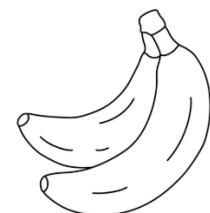
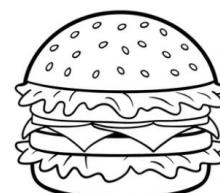
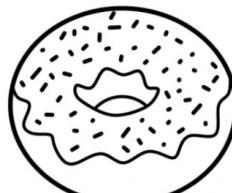


b. Milk, meat, eggs, and cheese are body-building foods. What role do they play in keeping our body healthy?

- 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

- 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.