

Name: _____

Grade 1 ()

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?

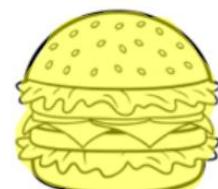
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They help our body grow



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. (**false**)
- b. We should wash our hands only after meals. (**false**)
- c. Bread gives us energy for work and play. (**true**)

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