



Mentor Guru

Class 1 Science

Chapter 7: Healthy Habits Exercise QA

A Glance on Terms

Fit : keeping healthy.

Stay healthy : good food, exercise and proper rest help us to stay healthy.

Revision Time

- * Cleanliness is good for health.
- * To be healthy, we must follow certain good habits.
- * Exercise make our body healthy and strong.
- * Playing outdoor is good for us.
- * Sleep, rest and exercise keep our body fit and healthy.

● Skill Test ●

A. Tick (✓) the correct option:

1. _____ health is important for us.
(a) Bad (b) Good (c) Ill
2. We must exercise _____.
(a) Once a week (b) Once a month (c) Daily
3. When we are tired we should.
(a) Play (b) Take rest (c) Study

B. Write 'G' for good habits and 'B' for bad habits :

1. Getting up early in the morning.
2. Combing your hair.
3. Fighting while playing.
4. Drinking milk in the morning.

C. Match the columns to complete the sentences:

- | | |
|---------------------|----------------------------|
| 1. Without rest | (a) to keep fit. |
| 2. sleep for | (b) we can fall ill. |
| 3. Eat healthy | (c) to stay healthy. |
| 4. Exercise help us | (d) eight hours every day. |

D. Answer these questions:

1. Why do we need good health?

2. What do we get from sleep?

3. How can we keep our teeth healthy?

Hot Questions

Rohit has gone with his mother to a hospital. While there he starts eating biscuits. Is he doing the right thing. Discuss with your parents.

Creative Corner

A. Colour the correct box :

- | | | | |
|----------------------|------------|-------------|-------------|
| | once a day | twice a day | once a week |
| 1. I brush my teeth. | _____ | _____ | _____ |
| 2. I have a bath. | _____ | _____ | _____ |
| 3. I eat breakfast. | _____ | _____ | _____ |

B. Make a list of good habits :

Select correct option from MCQs:

1. _____ health is important for us.

- (A) Bad
- (B) Good
- (C) ill

2. We must exercise _____.

- (A) Once a week
- (B) Once a month
- (C) Daily

3. When we are tired we should.

- (a) Play
- (b) Take rest
- (c) Study

Answers:

- 1. B
- 2. C
- 3. B

Write 'G' for good habits and 'B' for bad habits:

- 1. Getting up early in the morning.
- 2. Combing your hair.
- 3. Fighting while playing.
- 4. Drinking milk in the morning.

Answers:

- 1. G
- 2. G
- 3. B
- 4. G



Match the columns to complete the sentences:

Column-1 **Column-2**

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- | | |
|-----------------------------------|----------------------------|
| 1. Without rest | (a) to keep fit. |
| 2. sleep for (b) we can fall ill. | (b) we can fall ill. |
| 3. Eat healthy | (c) to stay healthy. |
| 4. Exercise help us | (d) eight hours every day. |

Answers:

1. B
2. D
3. C
4. A

Answer these questions:

Question:

Why do we need good health?

Answer:

Good health is the necessity of everyone so that we can perform our routine work perfectly.

Question:

What do we get from sleep?

Answer:

We gain or restore our lost energy from sleep.

Question:

How can we keep our teeth healthy?

Answer:

To keep our teeth healthy, we must brush our teeth twice a day.



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