FOOD AND HEALTH

1. WHICH OPTION WILL HELP US IN KEEPING OUR BODY FIT?

2. WHAT IS POSTURE?
   A. IT IS THE WAY WE WALK.
   B. IT IS THE WAY WE SIT.
   C. IT IS THE WAY OF HOLDING OUR BODY WHILE WALKING, SITTING AND STANDING.

3. CHOOSE THE CORRECT POSTURE-

LIVEWORKSHEETS

4. CHOOSE THE CORRECT -

LIVEWORKSHEETS

5. TICK THE COMMUNICABLE DISEASES-

COLD

NIGHT BLIDNESS

COVID 19

LIVEWORKSHEETS