WORKSHEET 1

Q1. How to keep your body fit and healthy?

DRINK LOTS OF WATER
EAT NUTRITIONS AND FRESH FOOD
SLEEP FOR 16 HOURS IN A DAY
GO OUT TO PLAY OUTDOOR GAMES
SLEEP FOR 8 HOURS IN A DAY
EAT JUNK FOOD
TAKE BATH EVERY WEEK
PLAY VIDEO GAMES
TAKE BATH EVERYDAY
DRINK LESS WATER

DO'S	DON'TS

Q2. Choose yes or no for the healthy habits.

YES NO

YES NO

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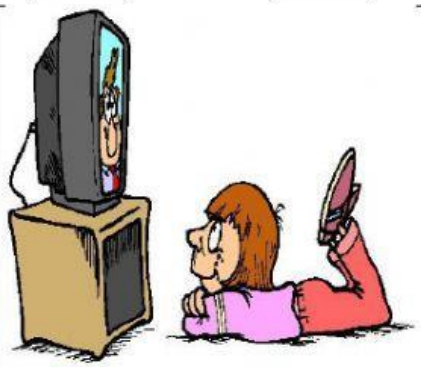
YES NO

YES NO

YES NO



YES NO

YES NO

YES NO

Q3. Fill in the blanks:

Posture smart exercise yoga outdoor games

(drag the words down to fill the blanks)

a) The correct way of our sitting, walking and standing is termed as …….
b) ……. help us to keep our body parts strong and flexible.
c) Playing …… is a form of an exercise.
d) …….. is important to keep our body fit.
e) A correct posture makes us look ……

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