



## WORKSHEET 1







### Q1. How to keep your body fit and healthy?



| DO'S | DON'TS |
|------|--------|
|      |        |
|      |        |
|      |        |
|      |        |
|      |        |

### Q2. Choose yes or no for the healthy habits.

|   |  |
|---|--|
|  <p>YES NO</p> |  <p>YES NO</p> |
|---|--|

|  |   |
|--|---|
|  <div data-bbox="252 566 354 631">YES</div> <div data-bbox="518 566 620 631">NO</div>       |  <div data-bbox="794 577 896 631">YES</div> <div data-bbox="1034 577 1136 631">NO</div>       |
|  <div data-bbox="239 1008 341 1061">YES</div> <div data-bbox="399 1008 501 1061">NO</div>   |  <div data-bbox="820 1008 922 1061">YES</div> <div data-bbox="1005 1008 1107 1061">NO</div>   |
|  <div data-bbox="443 1361 545 1415">YES</div> <div data-bbox="596 1361 699 1415">NO</div> |  <div data-bbox="798 1361 900 1415">YES</div> <div data-bbox="1005 1361 1107 1415">NO</div> |

Q3. Fill in the blanks:

Posture smart exercise yoga outdoor games

(drag the words down to fill the blanks)

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

