



## 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-



HAPPY LEARNING ADVENTURES



RAGHAV GLOBAL SCHOOL, SS-1, Sector - 122, Noida, UP-201316

📞 +91-8588944468 🌐 contact@rgsnoida.com 🌐 www.rgsnoida.com



**4. CHOOSE THE CORRECT -**



©Ran Leishman - illustrations4U.com/454671



©Ran Leishman - illustrations4U.com/454670



©Ran Leishman - illustrations4U.com/454670



**HAPPY LEARNING ADVENTURES**



**RAGHAV GLOBAL SCHOOL, SS-1, Sector - 122, Noida, UP-201316**

📞 +91-8588944468 🌐 [contact@rgsnoida.com](mailto:contact@rgsnoida.com) 🌐 [www.rgsnoida.com](http://www.rgsnoida.com)



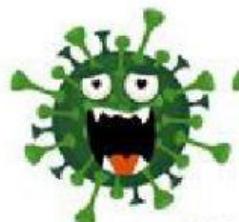
5. TICK THE COMMUNICABLE DISEASES-



COLD



NIGHT BLINDNESS



COVID 19



HAPPY LEARNING ADVENTURES



**RAGHAV GLOBAL SCHOOL, SS-1, Sector - 122, Noida, UP-201316**

 +91-8588944468  contact@rgsnoida.com  www.rgsnoida.com