

## 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**



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## 4. CHOOSE THE CORRECT -



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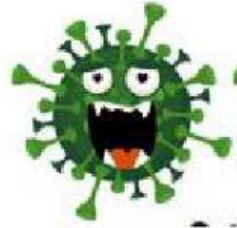
5. TICK THE COMMUNICABLE DISEASES-



COLD



NIGHT BLINDNESS






COVID 19



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