

## Chapter :7

### Health and Hygiene

#### I. Answer the following :

1. What is health?

Health is a state of well being of the mind and body.

2. How can we keep our body healthy?

By eating good food and proper rest.

3. How does exercise help us?

Exercise help us to keep our bones and muscles strong.

4. How can we keep our mind healthy?

By doing prayer and kind deeds.

5. How can we take care of our body?

By taking bathe daily and brushing our teeth twice a day.

6. How should we take care of our surroundings?

By throwing garbage in the dustbin.