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**LESSON**  
PART 1



## LESSON - 3

## KEEPING HEALTHY AND FIT

### BEFORE WE PROCEED:

- Do you keep yourself clean ?
- Do you take exercise daily ?
- Do you eat healthy food ?
- Do you take bath everyday ?

### SAY ALOUD :

- ◆ active
- ◆ exercise
- ◆ properly
- ◆ handkerchief
- ◆ sneeze
- ◆ necessary

### LET US FIND OUT WAYS TO KEEP OUR BODIES FIT

Good health helps us stay active and strong.

It keeps us fit. It makes us live long.

**We should:**

- keep ourselves clean
- take exercise daily
- have good food habits
- sleep well

### KEEPING CLEAN Here are some ways to keep ourselves clean.

- We must brush our teeth daily in the morning and at night.
- We must take a bath twice daily with soap and clean water.
- We must comb our hair properly and oil it if it is dry.
- We must wash our hands before and after every meal.



▲ Wash Hands



▲ Brush your teeth



▲ Take a bath



▲ Comb your hair



- ★ We should use a handkerchief when we sneeze or cough.
- ★ We should never poke our nose with a finger.
- ★ We should cut our nails with a nail cutter.



▲ Use handkerchief



▲ Use nail cutter



### DO YOU KNOW ?

The nails are made up of dead cells of skin. They grow 3 mm in one month.

## REGULAR EXERCISE

We must do some exercise everyday. Playing in the open is a very good exercise. Jogging, skipping and swimming are also good exercises. Walking is a very good exercise. We must go for a morning walk daily. Playing outdoor games also makes us healthy and strong. Yoga is good for health.

## REMEMBER

- ◆ Make a habit of early to bed and early to rise.
- ◆ Keep a regular time for toilet.
- ◆ Do not waste too much of water while bathing or washing hands.



▲ Walking



▲ Skipping



▲ Swimming



▲ Jogging

## GOOD FOOD HABITS

We must have cereals, pulses, milk, green vegetables and fruits in our daily meal. We must drink plenty of water everyday. Water keeps us healthy. We must have our meals at fixed times everyday.



▲ Meal



▲ Vegetables



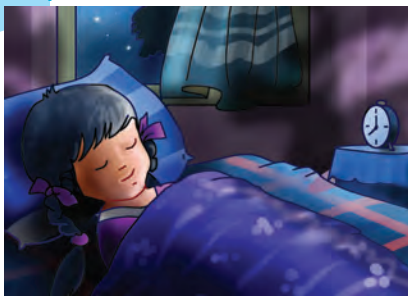
▲ Milk



▲ Fruits

## ENOUGH REST

After work and play, we need rest. Sleeping is necessary to become active. Children should sleep for eight hours every night. Go to bed early at night. Wake up early in the morning.



▲ Go to bed early



▲ Wake up early

## KEY IDEAS

- ★ Good health helps us to stay healthy, active and strong.
- ★ It is good to take exercise everyday.
- ★ Walking is a good exercise.
- ★ Eating good food keeps us fit.
- ★ Playing in the open is a very good exercise.
- ★ We must sleep for eight hours everyday.





## LET'S WRITE TOGETHER



### A. Answer these questions :

1. Write four ways to keep ourselves clean.

- A) ..... B) .....  
C) ..... D) .....

2. Write any two good food habits.

.....

3. How can we keep ourselves healthy ? Write any two ways.

- A) ..... B) .....

### B. Complete the sentences with the help of the words given:

**healthy - bath - handkerchief**

1. We must take a .....everyday to clean our body.
2. We must cover our face with .....when we sneeze.
3. Exercise keeps us .....

### C. Write 'T' for True and 'F' for False :

1. Swimming is a good exercise.
2. Wash your hands before and after every meal.
3. Playing in the open is a good exercise.
4. Regular exercise is not necessary to keep fit.
5. Children should sleep for eighteen hours daily.



## LET'S DISCUSS

- ★ All your body parts relax when you sleep and take rest.
- ★ For how many hours do you sleep ?
- ★ What will happen if you do not take enough rest ?
- ★ Discuss these things with your friends.

## LET US DO

Ask your teacher about different exercises and do them daily.



Observe the food items in the given pictures.

Write their names in the boxes to complete the puzzle :

The puzzle grid contains the following items and letters:

- Row 1: Milk carton, Glass of milk, M, empty box, empty box, empty box
- Row 2: empty box, empty box, empty box, empty box, empty box, empty box
- Row 3: Almonds, empty box, T, empty box, empty box, empty box
- Row 4: empty box, empty box, empty box, empty box, empty box, empty box
- Row 5: empty box, empty box, empty box, empty box, empty box, empty box
- Row 6: empty box, empty box, empty box, empty box, empty box, empty box
- Row 7: empty box, empty box, empty box, empty box, empty box, empty box
- Row 8: empty box, empty box, empty box, empty box, empty box, empty box
- Row 9: empty box, empty box, empty box, empty box, empty box, empty box
- Row 10: empty box, empty box, empty box, empty box, empty box, empty box

## GLOSSARY

- ★ **Sneeze** : to blow out air suddenly through nose and mouth
- ★ **Strong** : having a lot of physical power
- ★ **Cereals** : grains like rice, wheat etc
- ★ **Active** : always busy doing things
- ★ **Skipping** : jumping with a rope
- ★ **Habit** : a usual practice

