



CLICK HERE TO ACTIVATE

LESSON
PART 1 

LESSON-4

Body Care

BEFORE WE PROCEED

- ❖ How can we take care of our body ?
- ❖ Why should we take care of our body ?
- ❖ How can we avoid accidents ?



SAY ALOUD

perfect, environment, avoid, activities, safety habits, fracture, tourniquet

Let us find out more about taking care of our body

If we have sound body and mind, we say that we have a good health. A healthy person is physically and mentally fit in all aspects. Good health enables us to do our work well.

For this, there are some good habits that we should follow :

- ◆ We should do regular exercise.
- ◆ We should eat balanced diet.
- ◆ We should take adequate rest.
- ◆ We should take vaccination on time.



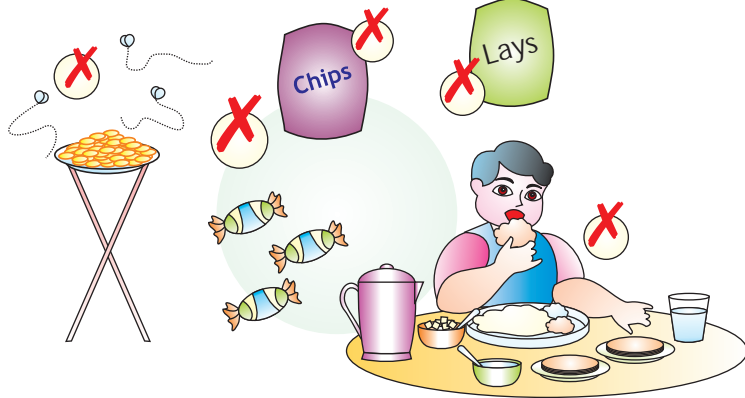
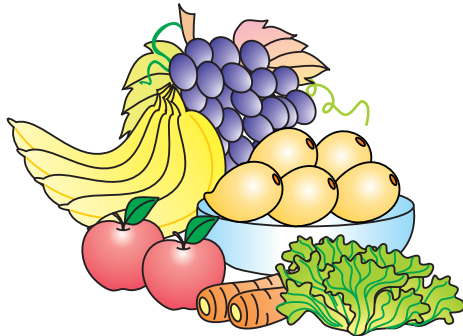
Do you know?

- * A balanced diet includes the right amount of all the essential nutrients that need for proper growth and development.
- * The world's rich nations are responsible for the most of the serious pollution problems on our planet.



Good Eating Habits

- ◆ Wash your hands properly before and after eating food.
- ◆ Eat a balanced diet, choose food in right amounts from each of the food groups (carbohydrates, proteins, fats, vitamins, minerals, roughage and water).
- ◆ Eat fresh food.
- ◆ Avoid junk food.
- ◆ Eat at fixed times.
- ◆ Do not eat too much or too little at a meal.
- ◆ Eat plenty of fruits and vegetables.
- ◆ Avoid eating food stuffs from road - side vendors.



Do you know?

Breakfast is the most important meal of the day. Don't miss it.



Get Enough Exercise Every Day

Exercise is good for our body. It keeps body fit and prevents from falling sick.

For this :

- ◆ Play at home and in school.
- ◆ Help your mother in household chores.
- ◆ Participate in various sport activities.
- ◆ Have a good posture.
- ◆ Do not spend time watching TV/ playing video games.

Vaccination :

To prevent diseases such as measles, polio, diphtheria we should take vaccines, at the scheduled time in scheduled dose.



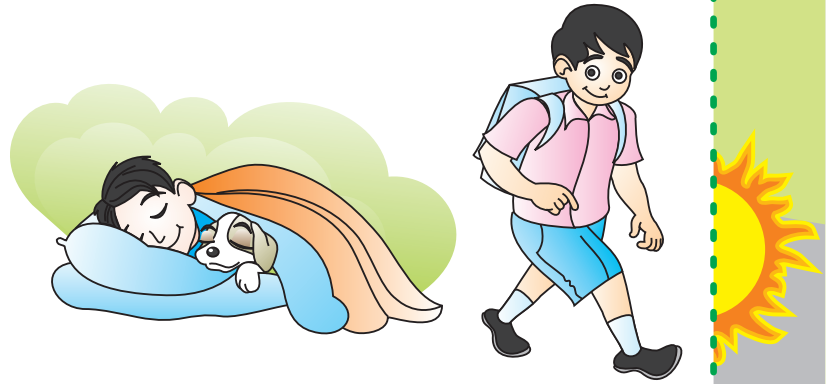
Do you know?

Regular physical exercises and proper postures are necessary for the growth and strength of the muscles.



Take Enough Rest

Sleeping for 7-8 hours every night helps our body grow and stay healthy. It helps our body repair itself and improves energy levels. It also improves thinking and learning ability. After a sound sleep, we feel fresh and active.

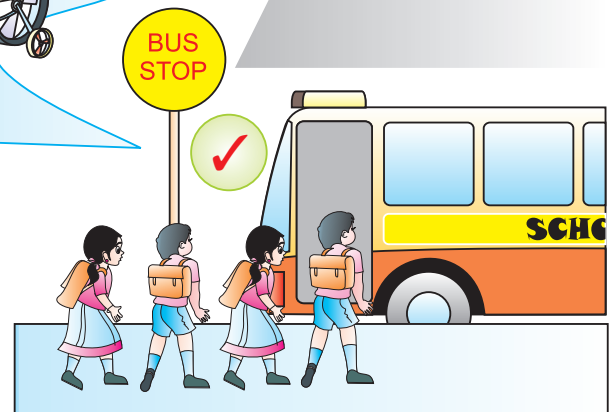
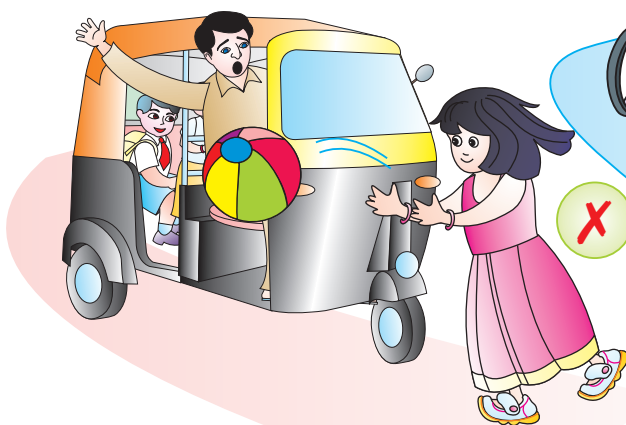
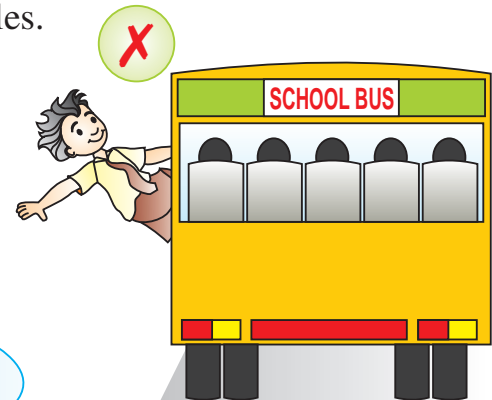
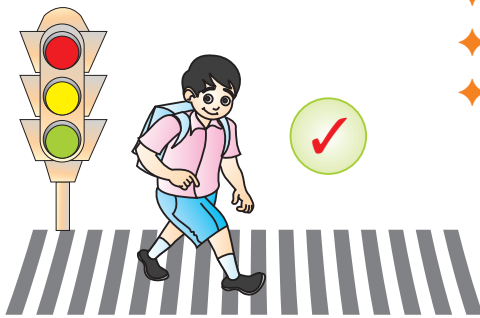
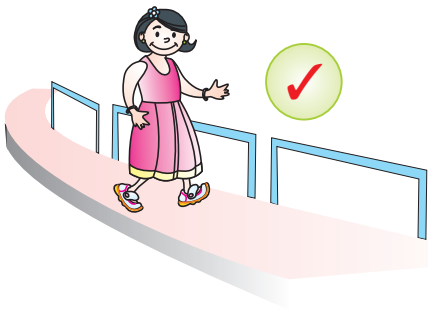


Safety Habits

We know that accidents occur due to carelessness. We can prevent accidents and injuries to our body by practising some simple rules of safety.

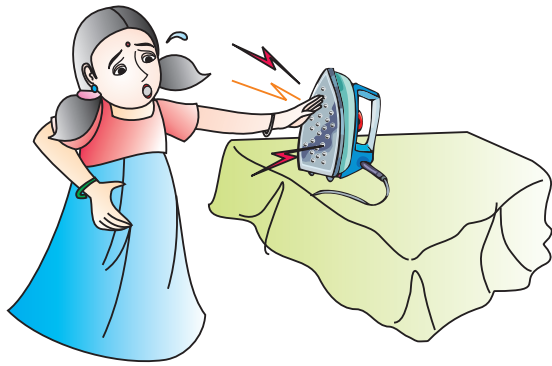
On the Road

- ◆ Walk on the footpath.
- ◆ Cross the road at the zebra crossing or use the subway.
- ◆ Look to your right, then left and then right again before crossing the road.
- ◆ Keep to the left while cycling. Do not ride a cycle along the middle of the road.
- ◆ Do not get in or off a moving bus.
- ◆ Never play on the road.
- ◆ Follow the traffic rules.



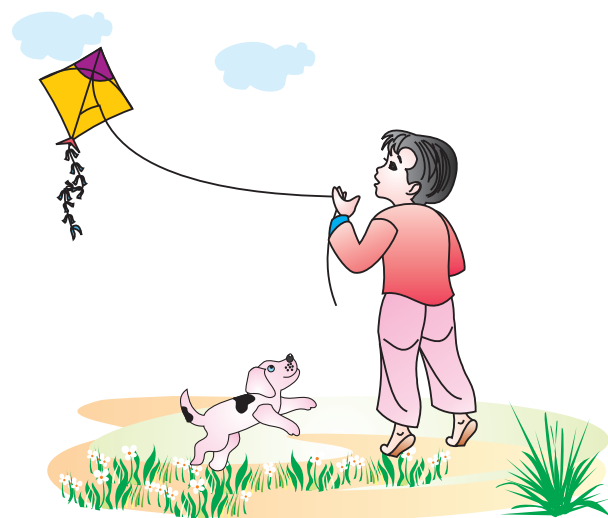
At Home

- ◆ Do not leave your toys, bags etc. on the floor. Someone may trip over them and fall.
- ◆ Be careful while using knives, blades or scissors.
- ◆ Be careful while using electrical gadgets. You may get a shock.
- ◆ Do not rush while climbing up or down the stairs.
- ◆ Turn off the main switch in case you notice an electric spark, or if you get a shock.
- ◆ Turn off the gas stove when not in use.
- ◆ Do not take any medicine without asking an adult.



While playing

- ◆ Follow the rules of whichever game you play.
- ◆ Be careful on swings and merry-go-round.
- ◆ While riding a bicycle, make sure that it is in good condition.
- ◆ Don't play with sharp and pointed instruments.
- ◆ Never play near the road side.
- ◆ Wear proper shoes when you go out to play.
- ◆ If you are fond of flying kites, do it only at an open ground.



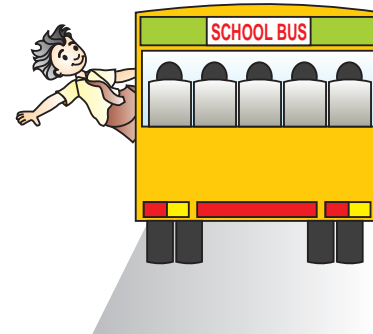
While Bursting Crackers

- ◆ Burn fireworks outside the house only in the presence of an adult.
- ◆ Do not light crackers holding in hand.
- ◆ Never keep extra fireworks in pockets.
- ◆ Do not bend over crackers while lighting them.
- ◆ Do not wear nylon clothes while burning crackers.



In the School Bus

- ◆ Do not get in or off a moving bus.
- ◆ Do not put your head or hand out of a moving bus.
- ◆ Never stand on the footboard of a moving bus.



While Swimming

- ◆ Go into the swimming pool only when you have learnt to swim well.
- ◆ Always walk slowly in the pool area.
- ◆ Don't chew gum or eat while you swim. It may choke you.
- ◆ While learning swimming, use air filled tubes.

Do you know?

In each and every house there should be a first-aid box to avoid panic at the time of need.

First-aid

The temporary relief given to any injured or sick person before the doctor arrives is called first-aid. At times, when a person is injured it becomes impossible to call a doctor immediately. In such a situation, our knowledge of first-aid may help the injured very much.

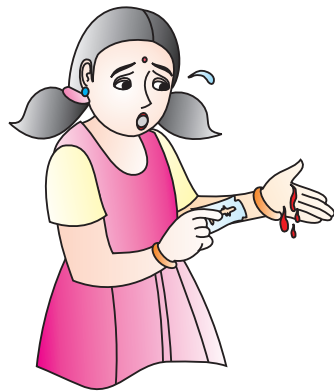
Every person should have the knowledge of first-aid.



Let us know how to give first-aid in the following types of accidents :

Minor Cuts

- ◆ Wash your hands before giving first-aid to the injured person.
- ◆ Remove all the dirt from the wound and clean the skin around it with cotton soaked in an antiseptic such as Dettol/Savlon.
- ◆ Cover the wound with a clean cotton dressing to stop bleeding.



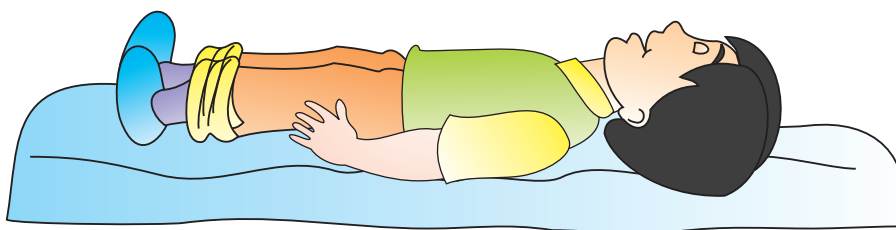
Deep cuts

- ◆ First wash the wound with soap and plenty of water.
- ◆ Take some cotton and press it over the wound. Then tie it tightly with a bandage.
- ◆ Use tourniquet if the wound does not stop bleeding.
- ◆ Raise the bleeding part having tourniquet higher than the rest of the body.
- ◆ A deep wound must be treated by a doctor.



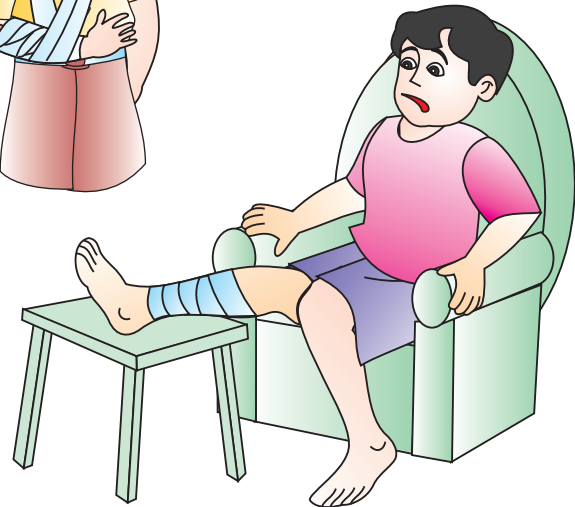
Nose bleeding

- ◆ In case of nose bleeding, keep the injured person stand straight or lay him down keeping his head back and close his nose tightly.
- ◆ Put a wet towel on his head. It will stop bleeding in few minutes.
- ◆ Ask the patient to breathe through his mouth.
- ◆ For heavy bleeding, consult the doctor immediately.



Fracture

- ◆ Never try to move the fractured part but give it some support and bind it properly.
- ◆ If a bone in the hand is broken, make a sling using a cloth or a bandage. The sling gives support to the arm and prevents its movement.
- ◆ In case of the fracture on the foot, keep both the feet together and then tie the fractured foot with a cotton strip to keep it straight. Never let the feet move.



Sprain

- ◆ Use a cold ice-pack.
- ◆ Ointments such as Iodex, Relaxyl etc. can be lightly rubbed over the sprained joint two or three times a day.
- ◆ A sprained joint should not be moved to make it heal faster.

Do you know?

Many victims of tsunami were saved by rescuers who used their first-aid tips on the victims (26th Dec. 2004).

Burns

1. Minor Burns

- ❖ Keep the burnt area under cold running water for a few minutes.
- ❖ Then apply ice-cubes on the burnt area.
- ❖ Apply an antiseptic like Burnol on the burnt part.





2. Severe Burns

- ❖ Take the patient to the doctor immediately.
- ❖ Severe burns must be treated by a doctor.
- ❖ Cover the burnt area with a clean piece of cloth. Protect it from germs in air and also from dust particles and insects.

3. Chemical Burns

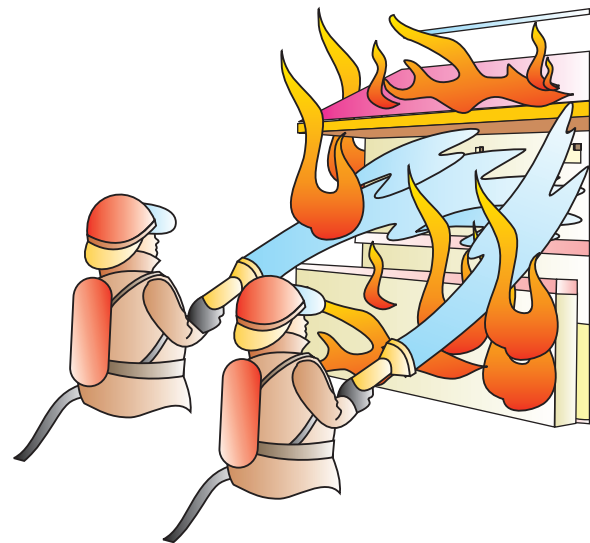
- ❖ Wash the affected area with plenty of water to remove the chemical.
- ❖ Give first-aid as for the other burns.

4. In Case of Burning Clothes

- ❖ The person who has caught fire should be immediately wrapped up in a thick blanket. Blisters should not be pricked.
- ❖ Put the burnt part in cold water but not too cold.
- ❖ Give liquid feeds to the injured person in large quantity.

5. Fire Within a Building

- ❖ Call the fire-fighters at once.
- ❖ Neighbours should try to control the fire using water and sand.
- ❖ In case of short circuit, turn off the main switch.
- ❖ Extinguishers should be used instead of water and sand for putting out fires.



Do you know?

Kerosene and petrol which are good fuels catch fire very easily. Never pour water to extinguish the fire caused by burning petrol or kerosene, because these fuels are lighter than water, so they spread over the water and cause more harm.



Animal bite

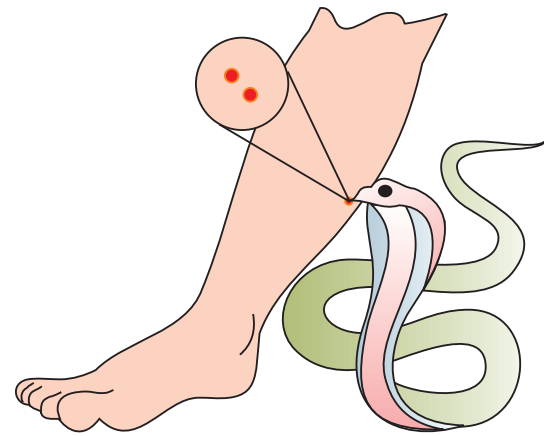
- ◆ The saliva of animals like dogs, cats, monkeys, wolves etc. contains virus of a very dangerous disease called rabies. So, it is very important to treat animal-bites immediately.



- ◆ Wash the bitten part with soap and water to wash away germs contained in the saliva.
- ◆ Apply an antiseptic on the wound and tie it with a bandage.
- ◆ Take the victim to the doctor immediately.

In case of Snake-bite

- ◆ Do not move the victim.
- ◆ Apply a tight bandage just above the bite to stop the flow of blood to the heart.
- ◆ Take the victim to the doctor. The doctor gives anti-venom injections to remove the poison from the body of the patient.

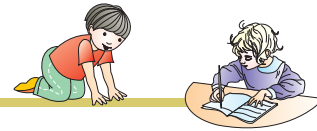


Key Ideas

- ★ *Our body needs good eating habits, exercise, enough rest, vaccination.*
- ★ *We must keep our body neat and clean.*
- ★ *We must eat a balanced diet.*
- ★ *We must follow safety rules everywhere.*
- ★ *The immediate help rendered to the injured before the arrival of a doctor is called first-aid.*
- ★ *A person having burnt injuries should be fed with liquid feeds in large quantity.*
- ★ *If the wound is bleeding, tie that part of the body tightly.*
- ★ *In case of snake-bite, tie a cotton cord at the upper side of the wound towards the heart.*



LET'S WRITE TOGETHER



A. Answer these questions :

1. What is a balanced diet ?
2. What causes accidents ?
3. What do you mean by 'first-aid' ?
4. How would you help someone with a sprain ?
5. What should you do as a first-aid if someone gets a chemical burn ?
6. Write about the first-aid to be given in case of nose bleeding.
7. Write about the first-aid to be given in case of snake-bite.

B. Write 'T' for True and 'F' for False :

1. We should eat balanced diet.
2. Walk on the footpath.
3. State of carefulness always results in an accident.
4. The burnt part of the body should be treated with too cold water.
5. Extinguishers should be used to put out the fire.
6. If the wound is bleeding, leave it open.
7. In case of snake-bite, doctor gives anti-venom injections.

C. Match the following :

- | | | |
|-------------------|---------|-------------------|
| 1. Minor burns | () | (A) Anti-venom |
| 2. Fractures | () | (B) Fire brigade |
| 3. Fire accidents | () | (C) Foot straight |
| 4. Sprain | () | (D) Burnol |
| 5. Snake bite | () | (E) Iodex |

D. Write two safety rules that you should follow :

- | | |
|------------------|----------------------------|
| 1. On the road | 2. At home |
| 3. While playing | 4. While bursting crackers |



LET US DO

Prepare a list of the materials which are kept in a first-aid box. Keep all of them in a box. Keep it in your home/school and use it when required :

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Fun Activity

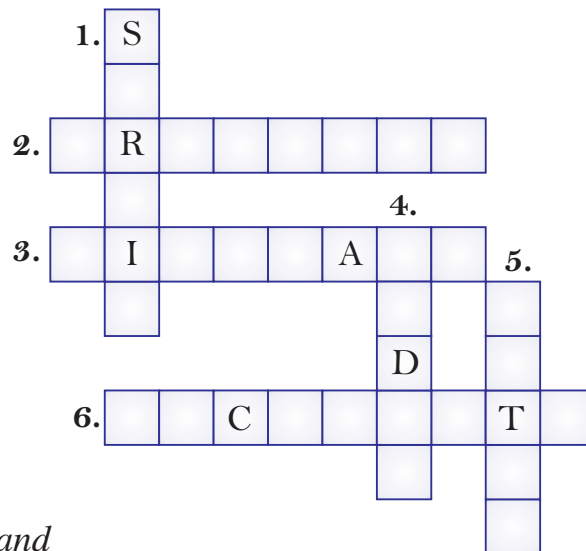
A. Solve the following crossword puzzle.

Across

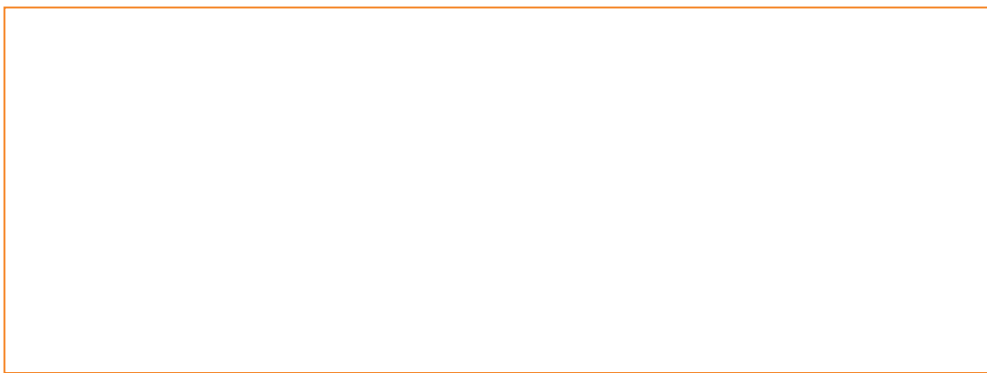
2. Any break or crack in the bone
3. The first help given to an injured person
6. These can happen anywhere at any time

Down

1. An ointment can be used in this injury
4. An ointment
5. In a deep cut, first wash the wound with soap and _____






B. Draw the diagram of a fire extinguisher and colour it also :





GLOSSARY

- 
- Environment - the natural world in which people, animals and plants live
 - Balanced diet - one with the quantity and variety of food needed for good health
 - Accident - an unpleasant event, especially by a vehicle, that happens unexpectedly and causes injury or damage
 - Adequate - enough in quantity, or good enough in quality for a particular purpose or need
 - Pollution - the process of making air, water etc. dirty
 - Hygienic - clean and free of bacteria and therefore unlikely to spread disease
 - Junk food - food that is quick and easy to prepare and eat but that is bad for health
 - Posture - the position in which you hold your body while standing or sitting
 - Subway - a path that goes under a road etc. which people can use to cross to the other side
 - Fracture - a break in a bone or other hard material
 - Vendor - a person who sells things usually on the street
 - Vaccine - a substance put into the blood to protect the body from a certain disease
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