

A. Fill in the blanks:

1) exercise 2) posture 3) straight 4) eight

Extra Q/A:

1) Write any five points we should follow a healthy routine.

Ans:- i) Wake up early in the morning.

ii) Brush your teeth twice a day.

iii) Take a bath every day.

iv) Wash your hands before and after every meal.

v) Go to bed early.

2) Name five things to help ourselves fit and active.

Ans: - 1) Exercising.

2) Healthy eating habits.

3) Rest and sleep.

4) Good posture.

5) Playing games.