

Topic : Health is Happiness  
class : 1<sup>st</sup>

I NEW WORDS :-

- 1) Health
- 2) Sadly
- 3) Well
- 4) Exercise
- 5) Sleep
- 6) Food
- 7) Excellent
- 8) Junk
- 9) Yoga
- 10) Vegetables.

II Answer the following questions orally.

1) Name the three things which are good for our health.

Ans) Eating well, exercising and getting enough sleep.

2) What does healthy food include?

Ans) Healthy food includes fresh fruits and vegetables.

3) Which is a good form of exercise as mentioned in the lesson?

Playing is a very good form of exercise as mentioned in the lesson.

III Complete the following sentences choosing the right word from the brackets.

- 1. Manoj returned home sadly. [proudly/sadly]
- 2. Our health is precious. [costly/precious].
- 3. Healthy food doesn't include junk food. [junk/clean]
- 4. We get exercise from playing. [playing/eating]

IV Circle the word that does not belong to the group.

- 1. pencil, pen, ball, paper.
- 2. flower, nose, hand, leg.
- 3. Carrot, potato, tomato, ice-cream.
- 4. Soap, paste, Shampoo, spoon.
- 5) Chess, ludo, Carrom, Cricket.

A few words are given under list A. Make new words by adding one word from list B.

	<u>A</u>	<u>B</u>	<u>Answer</u>
1)	Bath	path ③	1) <u>Bath tub.</u>
2)	Tooth	corn ④	2) <u>Tooth brush.</u>
3)	Foot	cutter ⑥	3) <u>Foot path.</u>
4)	Pop	bell ⑤	4) <u>pop corn.</u>
5)	Door	brush ②	5) <u>Door bell.</u>
6)	Nail	cream ⑦	6) <u>Nail cutter.</u>
7)	Ice	tub ①	7) <u>Ice cream.</u>

VI Add "e" to the following words:-

- 1) kit - kite.
- 2) Bit - bite.
- 3) Tap - tape.
- 4) Hop - hope.
- 5) Mat - mate.
- 6) Hat - hate.

END