

A short suggestion for question 10

Class: Five

1. Read the suggestions about keeping your body healthy. Then answer the following questions.

How to keep your body fit

1. Wake up early in the morning. (Lp mKvtj Ng t_+K l +W)
2. Go for a morning walk and get fresh air. (c0ZtãgtY tei nI Ges m+ZR evZvm M0Y Ki)
3. Brush your teeth properly. (mWKFvte `uZ gvR)
4. Take bath everyday, if possible. (m+e ntj c0Zw b tMvmj Ki)
5. Try to eat good food everyday. (c0Zw b fv+j v Lveri tL+Z tP0v Ki)
6. Go to bed early at night. (i v+Z ZvovZw0 NgvtZ hvI)

Questions:

- a) When should you wake up to keep your body? 1
- b) Why should you take a bath everyday? 2
- c) How do you keep your body fit? 3

Answer:

- a) I should wake up early in the morning.
- b) I should take a bath everyday to clean my body. It refreshes my mind also.
- c) I always get up early in the morning. I go out for a walk and take good food regularly. I brush my teeth regularly. I clean myself regularly.

2. Read the tips to be a good student. Then answer the following questions.

Tips for becoming a good student

1. Get up early in the morning. (fv+i Ng t_+K l +W|)
2. Go to school regularly. (wbqwgZ `+j hvI |)
3. Be attentive in your class. (tkW+Z gtbvthwMx nI |)
4. Prepare your lessons everyday. (c0Zw b cov c0Z K+iv|)
5. Follow your teachers' advice. (tZvgvi wk+K+Ki Dct`k AbmiY K+iv|)

Questions:

- a) When should you get up? 1
- b) Why should you go to school regularly? 2
- c) What do you do to be a good student? Write in three sentences? 3

Answer:

- a) I should get up early in the morning.
- b) I should go to school regularly for becoming a good student.
- c) I get up early in the morning. I go to school regularly. I also prepare my lessons everyday and follow my teachers' advice.

3. Read the instructions about having good food and then answer the following questions.

1. Eat fresh food.
2. Take a balanced food.
3. Eat a lot of vegetables and fruits.
4. Drink pure water.
5. Avoid chips, burgers and other fast food.

Questions:

- a) What is your favourite food? (**Knowledge**) 1
- b) Why should take good food?(**Understanding**) 2
- c) How do you take good food?(**Application**) 3

Answer:

- a) Rich and small fish.
- b) To keep the body fit for work.
- c) I eat fresh food. I take balanced food. I eat a lot of vegetables and fruits. I drink pure water. I try to avoid chips, burgers and other fast food.

4. Read the instructions about having good food and then answer the following questions.

1. Attend your class on time.
2. Be attentive in the class.
3. Ask your teacher to understand something clearly.
4. Write down and complete the task your teacher gives you.

Questions:

- a) What should you do in the class? (**Knowledge**) 1
- b) Why should ask your teacher? (**Understanding**) 2
- c) How can one be a good student? (**Application**) 3

Answer:

- a) To be attentive.
- b) To understand something clearly.
- c) One should attend his class and be attentive. He should ask his teacher questions to understand lesson. He also should complete the teacher tasks.

For practice

5. Read the instructions about preparation before starting for school and then answer the following questions.

1+2+3=6

1. Before starting for school, check your bag and class routine.
2. Put on neat and clean school uniform.
3. Put on clean socks and polished shoes.
4. Take pen, pencil, rubber in your bag.
5. Go straight to school.

Knowledge	Understanding	Application
Question. What should you do before going to school?	Question. Why should you put on neat and clean dress?	Question. How do you get yourself ready for school?

6. Read the instructions about how to behave with your parents and then answer the following questions.

- Always respect and obey your parents.
- Don't irritate and hurt them.
- Listen to them.
- Help them in their works in free time.
- Be obedient to them.

Questions:

- a) What should you do to your parents? 1
- b) Why should you respect your parents? 2
- c) How should you make your parents? 3

10. Read the instructions about keeping body free from diseases, then answer the following questions.

1+2+3=6

1. Go early to bed.
2. Rise early from sleep.
3. Keep your body clean.
4. Take a nap for a short time after lunch.
5. Go for playing in the afternoon.

Knowledge	Understanding	Application
Question. What do you do to keep yourself healthy?	Question. Why do you follow these health rules?	Question. How do you maintain good health?

