

6. Happy And Healthy Living

A. Fill in the blanks.

Cow dung, Exercise, Food, Hard work, Healthy, Mindful eating, Seed, Thank, Unsafe, Yoga

1. Water, soil, and sunlight are required to grow _____.
2. We should express _____ for the food we receive.
3. _____ grows into a plant.
4. Food helps us grow and stay _____.
5. _____ helps us stay healthy and strong.
6. Eating slowly and paying attention to our food is called _____.
7. Wasting food means we do not value the _____ of all the people involved in bringing food to us.
8. Manure is made of _____ and plant waste.
9. An _____ touch makes us feel uneasy.
10. _____ improves our posture and keeps us active.

B. Choose the correct option.

1. Which festival is celebrated to thank nature for crops?

(a) Holi <input type="checkbox"/>	(b) Eid <input type="checkbox"/>
(c) Pongal <input type="checkbox"/>	(d) Christmas <input type="checkbox"/>
2. Who helps in transporting food from farms to markets?

(a) Teacher <input type="checkbox"/>	(b) Driver <input type="checkbox"/>
(c) Doctor <input type="checkbox"/>	(d) Painter <input type="checkbox"/>
3. What helps in making the soil fertile?

(a) Earthworm <input type="checkbox"/>	(b) Stone <input type="checkbox"/>
(c) Plastic <input type="checkbox"/>	(d) Wood <input type="checkbox"/>
4. What gives rest to our body?

(a) Exercise <input type="checkbox"/>	(b) Play <input type="checkbox"/>
(c) Talking <input type="checkbox"/>	(d) Sleep <input type="checkbox"/>
5. Which element helps plants make food?

(a) Plastic <input type="checkbox"/>	(b) Sunlight <input type="checkbox"/>
(c) Metal <input type="checkbox"/>	(d) Rubber <input type="checkbox"/>

C. Match the following.

Column I	Column II	Ans.
1. Farmer	i. Needed for plants	
2. Precious	ii. Keeps us strong	
3. Exercise	iii. Grows crops	
4. Water	iv. Keeps us fit	
5. Healthy food	v. Every grain	

D. Write whether the following statements are True or False.

1. Eating too much junk food is good for health.
2. Farmers work hard to grow crops.
3. Exercise keeps our body strong.
4. A hug from your grandparent is a bed touch.
5. We should not waste food even if we don't like it.
6. Good sleep is important for health.
7. Regular physical activities keep us strong.
8. Teeth help us chew food.
9. We should not chew the food properly.
10. Playing in open fields does not give us fresh air and does not keep us energetic.

E. Short Answer Questions.

1. Who helps in the journey of grains?

Ans. _____

2. Why do we celebrate festivals like Makar Sankranti and Onam?

Ans. _____

3. What is meant by 'Mother Nature'?

Ans. _____

4. Why should we eat slowly?

Ans. _____

5. Which senses are used during mindful eating?

Ans. _____

6. Why should we not waste food?

Ans. _____

7. Why are physical activities important for us?

Ans. _____

8. Why is it important to know the difference between good touch and bad touch?

Ans. _____

9. What happens if we eat too much junk food?

Ans. _____

10. Why should we wash our hands before eating?

Ans. _____

F. Long Answer & Value-Based Questions.

1. Explain the journey of a grain from the farm to your plate.

Ans. _____

2. Why is it important to value food? Explain with examples.

Ans. _____

G. Picture-Based Questions.



1. Which plate is healthy? _____



1. Is this a good habit or bad habit? _____



2. Who is this person? _____

3. What does he do? _____

H. Answer the following questions in words.

- | | | |
|---|----------|-------|
| 1. Name any two natural elements needed to grow grains. | :- _____ | _____ |
| 2. Name any two festivals where we thank nature for food. | :- _____ | _____ |
| 3. Name any two physical activities. | :- _____ | _____ |
| 4. Write any two grains. | :- _____ | _____ |
| 5. Write any two good habits before eating | :- _____ | _____ |

I. Arrange in Order (Food Journey):

Arrange the following steps in the correct order to show the journey of food from farm to plate.



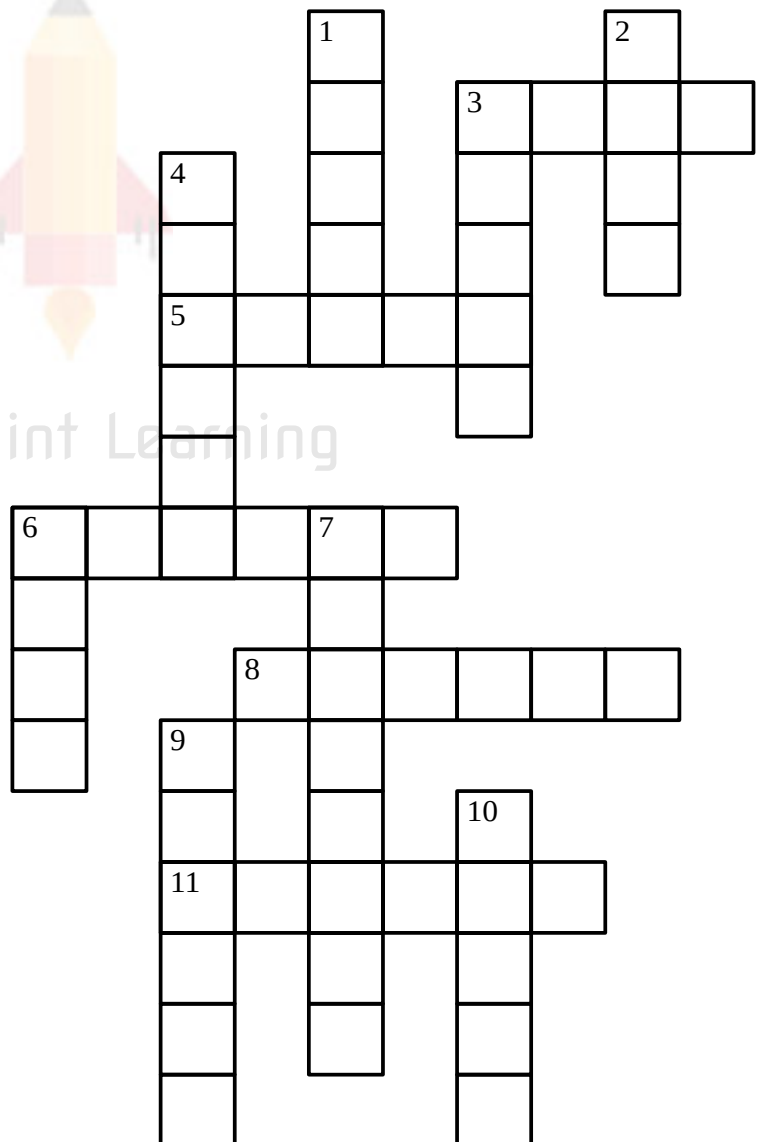
J. Solve the following crossword.

Across:

- 3. A small part that grows into a plant.
- 5. One of our senses used to enjoy food.
- 6. A person who grows crops in the field.
- 8. The state of being fit and free from illness.
- 11. Living beings that help farmers or give us food like milk.

Down:

- 1. Activities we play for fun and fitness.
- 2. Food eaten at a particular time of the day.
- 3. Rest that our body needs to stay healthy.
- 4. A person who cares for us and prepares food at home.
- 6. What we eat to get energy and stay alive.
- 7. Physical activity that keeps our body fit and strong.
- 9. Food items like rice and wheat that we eat daily.
- 10. A natural element needed for plants to grow.



Answer**A. Fill in the blanks**

- | | | | | |
|-------------------|--------------|-------------|------------|-------------|
| 1. Food | 2. Thank | 3. Seed | 4. Healthy | 5. Exercise |
| 6. Mindful eating | 7. Hard work | 8. Cow dung | 9. Unsafe | 10. Yoga |

B. MCQs

- | | | | | |
|---------------|---------------|------------------|--------------|-----------------|
| 1. (c) Pongal | 2. (b) Driver | 3. (a) Earthworm | 4. (d) Sleep | 5. (b) Sunlight |
|---------------|---------------|------------------|--------------|-----------------|

C. Match the following.

- | | | | | |
|----------|--------|---------|--------|---------|
| 1. - iii | 2. - v | 3. - iv | 4. - i | 5. - ii |
|----------|--------|---------|--------|---------|

D. True or False

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

E. Short Answer Questions.

- Farmers, soil, water, sunlight, animals, and transport workers help in the journey of grains from farm to plate.
- We celebrate these festivals to thank nature and farmers for a good harvest and for providing us with food.
- Mother Nature means the natural world around us like air, water, soil, plants, and animals that support life.
- We should eat slowly to enjoy the taste of food, help digestion, and stay healthy.
- We use our senses of sight, smell, taste, and touch during mindful eating.
- We should not waste food because it takes a lot of effort to produce and many people do not get enough food.
- Physical activities keep us fit, strong, active, and healthy.
- It helps us stay safe, understand our feelings, and protect ourselves from unsafe situations.
- Eating too much junk food can make us unhealthy, cause illness, and reduce our energy.
- We should wash our hands to remove germs and prevent diseases, keeping us healthy.

F. Long Answer Questions.

- The journey of a grain begins when a farmer sows seeds in the soil. With the help of sunlight, water, and air, the seeds grow into plants. Farmers take care of the crops by watering them and protecting them from pests. When the crops are ready, they are harvested and grains are separated. These grains are then cleaned, packed, and transported to markets. From the market, we buy the grains and cook them at home. Finally, the food reaches our plate. Many people like farmers, transport workers, and shopkeepers help in this journey.
- It is important to value food because it takes a lot of effort and time to produce it. Farmers work hard in fields, and many people help in bringing food to our homes. If we waste food, we do not respect their hard work. Also, many people do not get enough food to eat. For example, we should take only as much food as we can eat and avoid throwing leftovers. We should also store food properly so it does not spoil. Valuing food helps us become responsible and caring individuals.

G. Picture-Based Questions.

- The plate with fruits, vegetables, and healthy food is the healthy plate.
- This is a good habit.
- This person is a farmer.
- He grows crops/food in the field.

H. Answer the following questions in words.

- Sunlight, water
- Pongal, Baisakhi
- Running, skipping
- Rice, wheat
- washing hands, sitting properly

I. Arrange in Order (Food Journey):



J. Solve the following crossword.

ACROSS:-

- 3. SEED
- 5. TASTE
- 6. FARMER
- 8. HEALTH
- 11. ANIMAL

DOWN:-

- 1. GAMES
- 2. FMEAL
- 3. SLEEP
- 4. MOTHER
- 6. FOOD
- 7. EXERCISE
- 9. GRAINS
- 10. WATER



One Point Learning