

## 1. Read the poster carefully and answer the following questions.

a) How many hours of sleep do you need in order to stay fit?

We need about eight hours of sleep each night to stay fit.

b) Suggest some exercises that you can do every day.

We can run, walk, stretch or play.

c) How can you stay healthy?

We must practice good hygiene by keeping ourselves clean.

d) What type of meals should we eat daily?

We need to eat nutritious meals daily.

e) Mention one precaution that we must take in order to stay safe.

Play safely at school and at home / Beware of dangers on the road/  
protect yourself when using the internet.

## 2. Fill in the blanks with the correct words given below.

We should always keep fit and healthy. To keep fit we should have good eating habits. Our diet should be proper and balanced. It should have proteins, vitamins, carbohydrates, fats and minerals in sufficient quantity. It is necessary to avoid unhealthy eating habits. Food containing too much of oil, high in sugar and in salt are dangerous for our health.

Keeping fit also means proper work and rest. After hard work, there should be rest and relaxation. Our sleep should be sound and without disturbance.

To keep fit we need to practice physical exercises. It should be according to the age of the person. It can be walking, jogging, swimming, running or yoga postures. To keep fit one should not have bad habits. Drinking alcohol and smoking are very harmful.