

DR. R. N. INTERNATIONAL SCHOOL

UNDER THE AGIS OF S. S. SITARAMSINGH EDUCATIONAL AND CHARITABLE TRUST
MOHANPUR, SITAMARHI- 843302

ENVIRONMENTAL STUDIES (E.V.S.) — CLASS 1

Chapter 9: Staying Healthy

1. Words & Meanings (कठिन शब्द एवं अर्थ)

S.No.	English Word	Hindi Meaning (अर्थ)
1	Ourselves	हम स्वयं
2	Healthy	स्वस्थ
3	Personal	निजी (व्यक्तिगत)
4	Hygiene	साफ-सफाई (स्वच्छता)
5	Twice	दो बार
6	Routine	दिनचर्या
7	Benefits	लाभ / फायदे
8	Exercise	व्यायाम / कसरत
9	Strong	मजबूत
10	Grow	बढ़ना
11	Trash	कचरा
12	Planet	ग्रह

3. Textbook Exercises & Solutions

A. Tick (✓) the correct option:

1. What does personal hygiene involve?

- a) Playing video games all day []
- b) Washing hands before and after meals [✓ Answer]**
- c) Not to take bath []
- d) Eating lots of candies []

2. What should we do to take care of our surroundings?

- a) Leave trash on the ground []
- b) Throw the trash in the bins [✓ Answer]**
- c) Play with toys indoors []
- d) Throw the garbage on the road []

3. Why is exercise important for children?

- a) It makes them tired []
- b) It does not have any benefits []
- c) It makes them lazy []
- d) It helps them to be fit and healthy [✓ Answer]**

B. Write 'True' or 'False':

- 1. Playing indoor and outdoor games is harmful. → **False**
- 2. Washing hands before meals is necessary. → **True**
- 3. We use shampoo to wash our hair. → **True**
- 4. Exercise is not important for keeping ourselves strong. → **False**

C. Question & Answers (Notebook / Textbook):

Q1. Why do we brush our teeth twice a day?

Ans: We brush our teeth twice a day because:

- 1. To remove trapped food particles.
- 2. To prevent cavities and keep our teeth strong.

Q2. What is the importance of fresh air?

Ans: Fresh air is important for our bodies because it keeps our lungs healthy and refreshes our mind and body.

Q3. How do we take care of our surroundings?

Ans: We should throw garbage only in dustbins and plant more trees to keep our surroundings clean and healthy.

D. Who am I?

1. I am something you do when you wake up, and before you sleep at night, I keep your smile bright, keeping those cavities out of sight.

Who am I?

Ans: **Brushing teeth**

2. I come in different colours, shapes, and sizes too, I help you to dry off after a bath, making you feel fresh and new.

Who am I?

Ans: **Towel**