

Moral science - class IV  
chap: - 1A - A clean body

Date

Page

Q & A

1) Mention the four main things that include healthy living.

Ans:- The four main things that include healthy living are -

- i) A clean body
- ii) Good food
- iii) Good habits
- iv) A clean mind

2) What does it mean by "to be healthy"?

Ans:- To be healthy means to have a positive sense of well-being, energy, peace and joy. It is not only about "not being ill."

3) What is UNICEF?

Ans:- UNICEF is the United Nations Children's International Emergency Fund. It works for the welfare of children across the world.

### II Fill in the blanks :-

1. Right food is important for good health and proper growth.
2. UNICEF works for the welfare of children.
3. Udanka wanted to give his teacher Guru - dakshina.
4. Udanka realised the importance of cleanliness.

### III State 'True' or 'False' :-

1. When you are tidy, you feel fresh - True.
2. We should have a bath only when we feel like it - False.
3. Good health means being fat and big - False.
4. Nails become dirty when they are not cut - True.

### IV Words for re-arrange :-

1) SMILE 2) ENERGY 3) UNIFORM

(2)



vi Words for Missing - Letters :-

1) CHOCOLATE 2) HEALTH 3) DISCIPLE

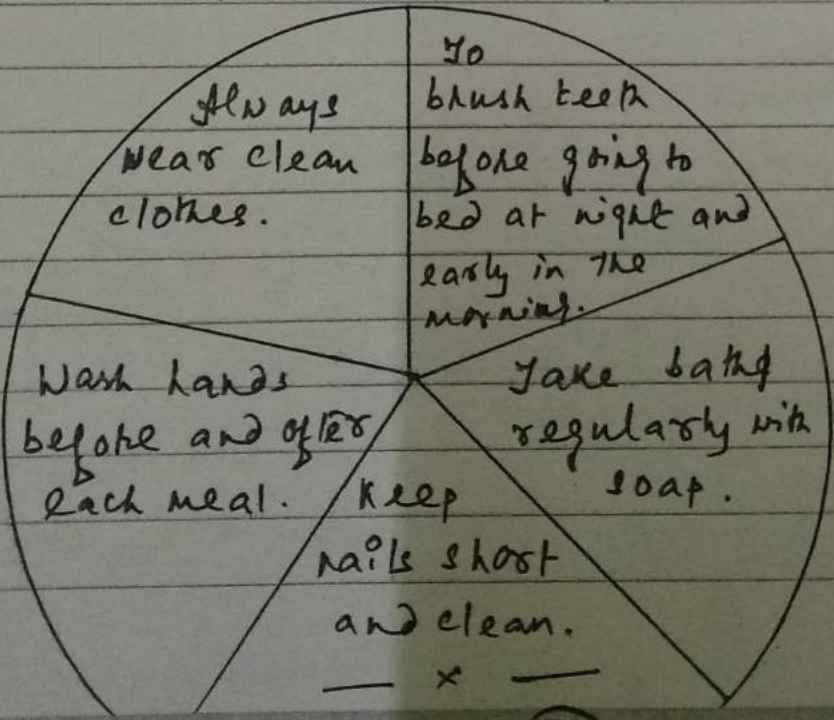
vii Match the following :-

A

B

- |                    |   |                |
|--------------------|---|----------------|
| 1. To bathe        | - | soap and water |
| 2. To clean ears   | - | cotton buds    |
| 3. To clean tongue | - | tongue cleaner |
| 4. To wash hair    | - | shampoo        |
| 5. To cut nails    | - | nail clippers  |

viii Draw a wheel and write five tips given in the lesson on cleanliness.



*Done*  
17/2/21