

Assignment:-6 Subject: - EVS

Class:-III

Teacher:-Mrs. Surmeet Kaur

Name:-\_\_\_\_\_ Class &amp; Sec.:-\_\_\_\_\_

Roll No.:-\_\_\_\_\_

Date:-24.04.2020

**Lesson:-2 (Keeping Safe & Healthy)**

Carefully watch the two videos on the topic First Aid and Key to Good Health links (<http://youtu.be/46-6RZRIOzM> & <http://youtu.be/WNo8brNcVqE>) and answer the following questions.

- 1) Who requires a first aid?
- 2) Why is exercise necessary for the body?
- 3) How does food help our body?
- 4) Diet with all type of food is called a \_\_\_\_\_
- 5) \_\_\_\_\_ helps in giving rest to our body.

**Home work:-**

Revise assignment 5 and 6 on Keeping Safe & Healthy.

**Answers:-**

Ans:-1 An injured or sick person needs a first aid.

Ans:-2 Regular exercises help us to keep our body fit, strong and healthy.

Ans:-3 Healthy and clean food give energy and nutrients to our body. It also protects us from disease.

Ans:- 4 Balanced Diet

Ans:- 5 Sound Sleep