

International Indian School Buraidah
Class-4th Subject EVS
Chapter – 5 Health and Safety

Dictation Words

- 1.Health
- 2.Safety
- 3.Hygiene
- 4.Exercise
- 5.Yoga
- 6.Cleanliness
- 7.dental floss
- 8.zebra crossing

Q/Ans

Q-1 Mention any three benefits of exercise.

Ans – The benefits of exercise are

- 1.Keeps us fit
2. Keeps us strong
- 3.Help to maintain strong bones and muscles.

Q-2 How does drinking clean water keep us healthy?

Ans- Drinking clean water protects us from waterborne diseases like diarrhea. It also helps in digestion and removing waste from our body.

Q-3 Why is proper rest important for our health?

Ans-Proper rest gives our body and mind to relax. It recharges our energy so that we can work and play efficiently the next day.

Q-4 What should we do to stay safe while travelling?

- Ans-1.Always wear a seatbelt in a car.
2.Always cross the road at zebra crossing.

Q-5 Differentiate between safe and unsafe touch.

Ans-**Safe touch:** A touch that makes us feel love, happy and comfortable for example, a hug from parents.

Unsafe touch: A touch that makes us feel uneasy , scared, or confused this can happen with someone you know or even a stranger.

Q-6. How can we keep our neighbourhood clean?

- Ans-1.Do not spit on roads and at public places.
2.By planting more trees and avoiding the use of plastic bags.

Q-7. Write two rules to follow during an emergency.

- Ans-1. Stay calm and do not panic.
2. Immediately call an adult, a teacher for help.