

Q.1 write (T) for true and (F) for false.

- a. Trimming nails regularly is a good habit.(T)
- b. We should throw garbage and wrappers in open areas. (F)
- c. Eating healthy food keeps us fit and healthy. (T)
- d. Everyone likes an ill-mannered Person. (F)

Q.2 Answer the following questions.

1. What is public cleanliness?

Ans. Keeping our home and neighbourhood neat and clean is called public cleanliness.

2. Write two healthy and unhealthy foods.

Ans. **Healthy foods-** two healthy foods are- milk and vegetables, Fruits and grains.

Unhealthy foods- Pizza and burger.

3. What is personal cleanliness?

Ans. Habits which we adopt to clean our body are collectively called personal cleanliness.

4. Why we should eat healthy foods?

Ans. We should eat healthy food to keep us fit and stay healthy.

5. From where we can learn good manners?

Ans. We can learn good manners at home and at school.