My EVS World - 0 (Chapter 3: Healthy Body)

Class UKG My EVS World - 0 - Worksheet (Page 8)

Topic: Chapter 3: Healthy Body | Time: 45 Minutes | Maximum marks: 28

Name: _____ **Roll No:** _____ **Date:** _____

Instructions: Attempt all questions. Choose the correct answer for each question.

Section A: Healthy Habits Rules · Fill in the Blanks

1. Rule 1: Brush your teeth _____ a day.

A. twice **B.** bath

C. Comb **D.** before

[1 mark]

2. Rule 2: Take a _____ daily.

A. twice **B.** bath

C. nails **D.** cotton buds

[1 mark]

3. Rule 3: Clean your ears with soft _____.

A. nails **B.** bath

C. cotton buds **D.** twice

[1 mark]

4. Rule 4: _____ your hair daily.

A. bath **B.** twice

C. before **D.** Comb

[1 mark]

5. Rule 5: Wash your hands _____ and after eating.

A. before **B.** twice

C. Comb **D.** nails

[1 mark]

6. Rule 6: Trim your _____ regularly.

A. cotton buds **B.** nails

C. bath **D.** twice

[1 mark]

Section B: Things We Require · Fill in the Blanks

7. A clean body is a _____ body.

A. towel **B.** comb

C. healthy **D.** toothbrush

[1 mark]

8. To brush our teeth twice a day, we require a _____ and toothpaste.

A. nail clipper **B.** comb

C. towel **D.** toothbrush

[1 mark]

9. After taking a bath with soap and water, we wipe our body dry with a clean _____.

A. towel
B. toothbrush
C. nail clipper
D. comb

[1 mark]

10. To keep our hair neat every day, we use hair oil, shampoo, and a _____.

A. nail clipper
B. comb
C. toothbrush
D. towel

[1 mark]

11. To trim our nails regularly, we require a _____.

A. comb
B. toothbrush
C. nail clipper
D. towel

[1 mark]

Section C: Multiple Choice Qs · Multiple Choice Questions

12. How many times a day should we brush our teeth?

A. Once a week
B. Never
C. None of these
D. Twice a day

[1 mark]

13. What should we use to clean our ears safely?

A. Soft cotton buds
B. Sharp pencils
C. Wooden sticks
D. None of these

[1 mark]

14. When should we wash our hands?

A. Only on Sundays
B. Before and after eating
C. Never
D. None of these

[1 mark]

15. On ('Who is healthy?'), which child is healthy?

A. A dirty boy eating food covered with flies
B. A boy in muddy clothes scratching himself
C. A clean boy eating fresh salad/vegetables
D. None of these

[1 mark]

16. Which activity keeps children active, happy, and healthy in the park?

A. Sitting sad and tired all day
B. Wearing dirty clothes
C. None of these
D. Playing football outdoors

[1 mark]

17. What tool is used to trim our nails regularly?

A. Nail clipper
B. Toothbrush
C. Hair comb
D. None of these

[1 mark]

Section D: Match Habits & Things · Match & Identify

18. Match the following: 'Brushing teeth twice a day' matches with _____.

A. Soap, water, sink and clean towel
B. Toothbrush and toothpaste
C. Comb, shampoo and herbal hair oil
D. Nail clipper

[1 mark]

19. Match the following: 'Taking a bath and wiping dry' matches with _____.

A. Toothbrush and toothpaste
B. Comb, shampoo and herbal hair oil
C. Soap, water, sink and clean towel
D. Nail clipper

[1 mark]

20. Match the following: 'Combing hair daily' matches with _____.

A. Toothbrush and toothpaste
B. Soap, water, sink and clean towel
C. Nail clipper
D. Comb, shampoo and herbal hair oil

[1 mark]

21. Match the following: 'Trimming nails regularly' matches with _____.

A. Nail clipper
B. Toothbrush and toothpaste
C. Soap, water, sink and clean towel
D. Comb, shampoo and herbal hair oil

[1 mark]

22. Match the following: 'Cleaning ears gently' matches with _____.

A. Toothbrush and toothpaste
B. Soft cotton buds
C. Soap, water, sink and clean towel
D. Comb, shampoo and herbal hair oil

[1 mark]

Section E: True or False · True or False

23. A clean body is a healthy body.

A. True
B. False

[1 mark]

24. We should brush our teeth twice a day and take a bath daily.

A. True
B. False

[1 mark]

25. We should never wash our hands before or after eating.

A. True
B. False

[1 mark]

26. We should clean our ears gently with soft cotton buds.

A. True
B. False

[1 mark]

27. Eating food surrounded by flies keeps us healthy.

A. True
B. False

[1 mark]

28. Trimming our nails regularly with a nail clipper is a healthy habit.

A. True
B. False

[1 mark]

--- End of Worksheet ---

Teacher's Answer Key

My EVS World - 0 (Chapter 3: Healthy Body) Solutions --- Total: 28 Questions / 28 Marks

Question	Answer	Correct Option
Q1	**(A)**	twice
Q2	**(B)**	bath
Q3	**(C)**	cotton buds
Q4	**(D)**	Comb
Q5	**(A)**	before
Q6	**(B)**	nails
Q7	**(C)**	healthy
Q8	**(D)**	toothbrush
Q9	**(A)**	towel
Q10	**(B)**	comb
Q11	**(C)**	nail clipper
Q12	**(D)**	Twice a day
Q13	**(A)**	Soft cotton buds
Q14	**(B)**	Before and after eating
Q15	**(C)**	A clean boy eating fresh salad/vegetables
Q16	**(D)**	Playing football outdoors
Q17	**(A)**	Nail clipper
Q18	**(B)**	Toothbrush and toothpaste
Q19	**(C)**	Soap, water, sink and clean towel
Q20	**(D)**	Comb, shampoo and herbal hair oil
Q21	**(A)**	Nail clipper
Q22	**(B)**	Soft cotton buds
Q23	**(A)**	True
Q24	**(A)**	True
Q25	**(B)**	False
Q26	**(A)**	True
Q27	**(B)**	False
Q28	**(A)**	True