Staying Healthy and Happy

Standard difficulty · 20 questions · 40 marks · Time: 54 minutes

Name: _____ Date: _____ Score: ____ / 40

Show your working for Sections B and C. Answers are on the last page — try every question first!

Section A — Choose the correct answer — 8 × 1 = 8 marks

1. We should brush our teeth:
   (a) only after eating sweets
   (b) only in the afternoon
   (c) once a week
   (d) twice a day, after waking up and before bed

2. Which of these is a HEALTHY habit?
   (a) wash your hands with soap before eating
   (b) drink very little water
   (c) sit indoors all day
   (d) bite your nails

3. Which of these is NOT a healthy habit?
   (a) trim your nails
   (b) drink 6 to 8 glasses of water a day
   (c) brush your teeth twice a day
   (d) eat with dirty hands

4. Chess is played with:
   (a) a ball kicked with the feet
   (b) rackets and a shuttlecock
   (c) a board and 32 pieces
   (d) a rope

5. Which of these is a SAFE place to play?
   (a) a roof without railings
   (b) a building site
   (c) a railway track
   (d) a playground with a grown-up nearby

6. When should you wash your hands with soap?
   (a) only on holidays
   (b) after using the toilet
   (c) only on your birthday
   (d) never after playing

7. Moyna brushes her teeth twice every day. How many times does she brush in 23 days?
   (a) 25 times **(b)** 23 times **(c)** 46 times **(d)** 48 times

8. A day has 24 hours. A child sleeps for 9 hours, spends 6 hours at school and plays for 2 hours. How many hours are left for everything else?
   (a) 15 hours **(b)** 9 hours **(c)** 17 hours **(d)** 7 hours

Section B — Short answer — 8 × 2 = 16 marks

9. Write four things you do every day to keep clean.

10. Write "healthy" or "unhealthy": (a) to wash your hands with soap before eating (b) to skip brushing at night

11. Is it "safe" or "unsafe" for play? (a) a railway track (b) your own courtyard

12. Name the game played with (a) a ball thrown through a high ring (b) no ball at all, only players

13. Harpreet sleeps 9 hours every night. How many hours does she sleep in 9 nights?

14. Moyna drinks 8 glasses of water each day. How many glasses does she drink in 10 days?

15. Ria skipped 81 times without stopping, and Sam skipped 13 times. How many more times did Ria skip?

16. Harpreet's grandmother walks for 35 minutes each day. How many minutes does she walk in 3 days?

Section C — Word problems — 4 × 4 = 16 marks

17. Write your daily routine from waking up to bedtime. Include brushing, bathing, meals, play and sleep.

18. In a day, Moyna sleeps 8 hours, is at school or studies for 7 hours, plays outside for 3 hours and eats for 2 hours. (a) How many hours is that in all? (b) A day has 24 hours. How many hours are left for other things?

19. In a skipping game, Ria skipped 48 times, Sam 41 times and Ali 23 times. (a) How many skips did they make in all? (b) What is the highest number of skips?

20. Is each place safe or unsafe for play? Say why. (a) a park (b) a railway track

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Answer key

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Q	Answer	Working
1	(d) twice a day, after waking up and before bed	—
2	(a) wash your hands with soap before eating	—
3	(d) eat with dirty hands	—
4	(c) a board and 32 pieces	—
5	(d) a playground with a grown-up nearby	—
6	(b) after using the toilet	—
7	(c) 46 times	2 × 23 = 46
8	(d) 7 hours	24 − 9 − 6 − 2 = 7
9	Any four: brush teeth, bathe, wash hands with soap, comb hair, trim nails, wear clean clothes.	—
10	(a) healthy (b) unhealthy	—
11	(a) unsafe (b) safe	—
12	(a) basketball (b) kabaddi	—
13	81 hours	9 × 9 = 81
14	80 glasses	8 × 10 = 80
15	68 times	81 − 13 = 68
16	105 minutes	35 × 3 = 105
17	A routine in time order with all five activities.	—
18	(a) 20 hours (b) 4 hours	8 + 7 + 3 + 2 = 20; 24 − 20 = 4
19	(a) 112 skips (b) 48 skips	48 + 41 + 23 = 112
20	(a) safe: open space and soft ground, with grown-ups around (b) unsafe: a train could come suddenly	—