Happy and Healthy Living

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. Besides soil, water and sunlight, a grain needs this to reach our plate:
   (a) only rain **(b)** nothing else
   (c) only machines **(d)** the hard work of people and animals

2. Khichdi is mainly made from:
   (a) rice and dal **(b)** rice and milk **(c)** maize **(d)** ragi flour

3. In the journey of a grain, the cook:
   (a) holds the roots and gives nutrients **(b)** helps the seed sprout and the plant grow
   (c) pull the plough **(d)** turns the grain into a meal

4. Which of these is a HEALTHY daily habit?
   (a) eat while staring at a screen **(b)** eat chips instead of lunch
   (c) wake up early **(d)** watch TV late into the night

5. Which of these is an outdoor game that keeps the body active?
   (a) snakes and ladders **(b)** ludo
   (c) card games **(d)** football

6. Which of these is a SAFE touch?
   (a) a hug from your mother
   (b) a stranger pulling your hand to take you somewhere
   (c) a touch someone asks you to keep secret
   (d) a touch that hurts or confuses you

7. Kabir slept from 8:00 p.m. to 6:30 a.m. the next day. How long did Kabir sleep?
   (a) 9 hours 30 minutes **(b)** 10 hours 30 minutes
   (c) 11 hours 30 minutes **(d)** 11 hours

8. Riya plays outdoors for 40 minutes every day. How many minutes does she play in a week?
   (a) 240 minutes **(b)** 47 minutes **(c)** 280 minutes **(d)** 320 minutes

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

9. Name four things a grain needs to grow and reach us.

10. Write "healthy" or "unhealthy": (a) to play mobile games for hours (b) to sleep well at night

11. Is it usually an "indoor" or an "outdoor" game? (a) carrom (b) football

12. How does each help a grain on its journey to our plate? (a) the shopkeeper (b) bullocks

13. Name the main ingredients of each: (a) ragi mudde (b) roti

14. In a school of 43 children, each child leaves 15 g of rice on the plate at lunch. How many grams of rice are wasted in a day?

15. A farmer harvests 1,700 kg of wheat and fills it into 25 kg bags. How many bags does he fill?

16. Riya sleeps at 8 p.m. and wakes up at 7 a.m. every day. How many hours does she sleep in one night, and in 7 nights?

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

17. Describe the journey of a grain from the field to your plate in six steps.

18. In a class of 33 children, each wastes about 60 g of food at lunch. (a) How much food does the class waste in a day? (b) In a school week of 6 days? (c) Write two ways to stop this waste.

19. Every day Aman runs for 15 minutes, skips for 5 minutes and does yoga for 15 minutes. (a) How many minutes does he exercise each day? (b) How many in a week? (c) Write two ways exercise helps him.

20. Explain the part each plays in bringing a grain to our plate, and draw one of them: (a) the farmer (b) the shopkeeper

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Answer key

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Q	Answer	Working
1	**(d) the hard work of people and animals**	—
2	**(a) rice and dal**	—
3	**(d) turns the grain into a meal**	—
4	**(c) wake up early**	—
5	**(d) football**	—
6	**(a) a hug from your mother**	—
7	**(b) 10 hours 30 minutes**	8:00 p.m. to midnight, then to 6:30 a.m.: 10 hours 30 minutes
8	**(c) 280 minutes**	40 × 7 = 280
9	**Soil, water, sunlight and the farmer (also air, cattle, earthworms, sellers).**	—
10	**(a) unhealthy (b) healthy**	—
11	**(a) indoor (b) outdoor**	—
12	**(a) sells the grain to families (b) pull the plough**	—
13	**(a) ragi flour (b) wheat flour**	—
14	**645 g**	43 × 15 = 645
15	**68 bags**	1700 ÷ 25 = 68
16	**11 hours; 77 hours**	4 + 7 = 11; × 7 = 77
17	**The field is ploughed; seeds are sown; the crop is watered and weeded; it is harvested; the grain is cleaned, packed and taken to market; the shopkeeper sells it and the family cooks it.**	—
18	**(a) 1,980 g (b) 11,880 g (c) Take only as much as you can eat; ask for a smaller helping; share extra food.**	33 × 60 = 1980; × 6 = 11880
19	**(a) 35 minutes (b) 245 minutes (c) It keeps his body strong and active, and improves his posture and mood.**	15 + 5 + 15 = 35; × 7 = 245
20	**(a) sows, cares for and harvests the crop (b) sells the grain to families**	—

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