

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-2

SUBJECT-ENVIRONMENTAL STUDIES

DATE-05-06-2021

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BASED ON NCERT PATTERN

Chapter-7 Good Habits

Practice

3. Answer the following questions.

(a) When should we brush our teeth?

Answer- We should brush our teeth well every morning and every night.

(b) What should we do while coughing or sneezing?

Answer- While coughing or sneezing we should cover our mouth with a handkerchief.

(c) How many hours should we sleep daily?

Answer-We should sleep for at least 8 hours everyday.

(d) Ramesh has a healthy diet , yet he still falls ill frequently. What could be the reason for this?

1. He doesn't comb his hair daily.

2. He doesn't trim his nails regularly.

3. He doesn't wash his hands properly before eating.

4. Both 2 and 3 ✓

(e) It is not a good habit to _____.

1. Throw waste in the dustbin
2. Put out clean water for birds to drink
3. Waste food by taking more food than needed ✓
4. Keep food covered

Homework-Write the Q/A of this chapter clearly in your notebook and remember it.