Chapter 9: Staying Healthy and Happy

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9.1 Clean and Bright

Q1 Did I brush my teeth today?

Sample answer: Yes, I brushed my teeth this morning after waking up.

Q2 Did I take a shower?

Sample answer: Yes, I took a shower today and feel fresh and clean.

Q3 Did I comb my hair?

Sample answer: Yes, I combed my hair neatly after my shower.

Q4 Did I wash my hands with soap?

Sample answer: Yes, I washed my hands with soap before eating and after using the toilet.

Q5 Are my nails trimmed and clean?

Sample answer: Yes, my nails are short and clean. Trimmed nails stop dirt and germs from hiding under them.

9.2 Daily Routine

Q1 Do you brush your teeth twice in the day — once after waking up and once before going to bed?

Sample answer: Yes, I brush my teeth in the morning after waking up and again at night before sleeping. Brushing twice keeps teeth strong and free from germs.

Q2 Do you rinse your mouth every time after eating food?

Sample answer: Yes, I rinse my mouth with water after every meal. This washes away food particles and keeps teeth healthy.

Q3 Do you wash your hands with soap after using the toilet and after coming home from outdoors?

Sample answer: Yes, I always wash my hands with soap after using the toilet and when I come home from outside. This removes germs and keeps me from falling sick.

9.3 How Do We Brush Our Teeth?

Q1 Ask your grandparents or any elderly person in your neighbourhood — What did they use to wash their hair, body and clothes and clean their teeth when they were young? Can these things be found now?

Sample answer: My grandmother told me that she used neem or babool twigs (datun) to clean her teeth and reetha (soapnut) to wash her hair. She used shikakai for her body. These things can still be found in villages and some shops, and people still use them today.

9.4 Making a Home-Cleaner Using Orange and Lemon Peels

Q1 Find out what home-cleaners are used in your home.

Sample answer: At my home we use soap, detergent, floor cleaner, and dish-washing liquid. Some households also use baking soda or lemon juice as natural cleaners.

Q2 How do you make an eco-friendly home-cleaner using orange or lemon peels?

Fill a half-litre container with peels of 8–12 oranges or lemons. Add two cups of white vinegar to cover the peels. You can also add ten cloves or 2–3 bay leaves. Close the lid and keep the container in a sunny spot for two weeks, shaking it occasionally. Strain the liquid — your cleaner is ready. Mix one cup in a bucket of water to clean floors and bathrooms.

9.5 Animals Like to Keep Themselves Clean

Q1 Have you ever seen monkeys sitting and grooming each other? How does this help them?

Yes, monkeys groom each other by searching through their fur and removing insects and dirt. This keeps their bodies clean and free from pests.

Q2 Observe different ways in which animals and insects around you might be cleaning themselves.

Sample answer: Birds use their beaks to clean and straighten their feathers. Cats lick their fur to keep it clean. Dogs scratch themselves and lick their paws. Elephants spray water or dust over their bodies to remove parasites.

9.6 Playing Outdoors and Indoors — Hop, Skip, Jump!

Q1 After running fast to catch your friends in a game, you breathe faster and deeper. Why does this happen?

Exercise makes the heart work harder and pump more blood. The body needs more oxygen during running, so we breathe faster and deeper to take in that extra oxygen.

Q2 Which moves did you enjoy the most — walking like a duck, jumping like a frog, or running like a cat?

Sample answer: I enjoyed jumping like a frog the most because it made me laugh and used a lot of energy.

Q3 What other games do you play with a skipping rope?

Sample answer: We play double-dutch (two ropes at once), rope relay, and group jumping where two people turn the rope while others take turns jumping in.

9.7 Name the Game!

Q1 What types of games do you like to play outside your home?

Sample answer: I like to play cricket, kabaddi, and tag with my friends. These games keep me active and are lots of fun.

Q2 Can you identify the games shown in the pictures? Have you played them before?

The four pictures show: (1) a spinning top (lattoo), (2) a Ludo board with coloured tokens, (3) a Snakes and Ladders board, and (4) a Carrom board. These are all indoor or traditional games. Yes, I have played Ludo and Carrom with my family.

Q3 Harpreet's grandmother cannot move much because of pain in her knees, but she still walks around the house and plays chess. What does she say about keeping healthy?

Harpreet's grandmother says that both the mind and body should be active. Even if we cannot do heavy exercise, we should keep moving and keep our mind busy too.

9.8 I Spy! — Game Word Search

Q1 Can you find the names of all the games hidden in the word-search grid?

The ten games hidden in the grid are: badminton, basketball, cricket, football, gymnastics, hockey, kabaddi, kho-kho, tennis, and volleyball.

9.9 Playing Safely

Q1 Is a busy road a safe or unsafe place to play? Why?

A busy road is unsafe for playing. Fast-moving vehicles can cause serious accidents and there is no space to run around freely.

Q2 Is a park a safe or unsafe place to play? Why?

A park is generally a safe place to play. It is open, free from traffic, and designed for outdoor activities.

Q3 Is a school ground a safe or unsafe place to play? Why?

A school ground is a safe place to play. It is enclosed, supervised by teachers, and meant for children's activities.

Q4 Is a roof without railings a safe or unsafe place to play? Why?

A roof without railings is unsafe. There is a serious risk of falling off the edge, especially while running or playing.

Q5 Is a construction site a safe or unsafe place to play? Why?

A construction site is very unsafe. There are heavy machines, uneven ground, loose materials, and open pits that can cause serious injuries.

Q6 What should you do if a stranger offers you sweets or asks you to get in their car?

Politely say no and do not go with the stranger. Do not accept food or gifts from people you do not know. Stay with a trusted adult and tell your parents or teacher immediately.

9.10 Let Us Reflect

Q1 Make your weekly health table. Track your daily activities for a week and observe how you feel.

Activity — guidance: Fill in the table every day by noting whether you brushed your teeth twice, used the toilet in the morning, took a shower, how many hours you slept, what you ate for breakfast, how long you watched TV or used a phone, how long you played outdoors, and how you felt (good / okay / not so good). At the end of the week, look for patterns — days when you slept well and played more should feel better.

Q2 Draw a big circle divided into 24 slices and colour them to show how you spend each hour of your day.

Activity — guidance: Draw a circle and divide it into 24 equal sections (first into 4 quarters, then each quarter into 3, then each of those into 2). Colour each section using a different colour for sleeping, eating, studying, playing, helping at home, watching TV, and other activities. Make a colour key. This shows at a glance how much time you spend on each part of your day.

Q3 Think of one activity you would like to do at least twice a week to improve your stamina. Discuss it with your friends and try doing it together.

Sample answer: I would like to go running in the park twice a week to build my stamina. Running makes the heart and lungs stronger. I can invite my friends so we can encourage each other.