Chapter 7: Fit Body, Fit Mind, Fit Nation

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7.1 Let us Think B — Answer the following

Q1 Which game does Anant play?

Anant plays the game of hockey.

Q2 Which musical instruments are mentioned in the poem?

The guitar and sitar are the two musical instruments mentioned in the poem.

Q3 Who among the children mentioned in the poem likes moving in rhythm?

Musical Meena likes singing and moving in rhythm.

Q4 Who learns every day from the mistakes done during skating?

Graceful girl Geeta learns every day from the mistakes she makes while skating.

7.2 Let us Think C — Think and discuss

Q1 Which game do you generally play in school?

Sample answer: I usually play kho-kho with my friends during the games period at school.

Q2 What do you enjoy more — playing an indoor game or an outdoor game?

Sample answer: I enjoy outdoor games more because they let me run, jump and breathe fresh air, which keeps me healthy.

Q3 Which musical instrument do you like to play?

Sample answer: I like to play the tabla because I enjoy making rhythmic beats with my hands.

Q4 Have you seen musical instruments? If yes, name them.

Sample answer: Yes, I have seen musical instruments like the tabla, flute, sitar, harmonium and guitar.

Q5 Which dance form do you like the most? Name a famous dance from your region/district.

Sample answer: I like classical dance the most. A famous dance from my region is Bharatanatyam (you may replace with Garba, Bhangra, Kathak or Odissi based on your region).

7.3 Let us Learn A — Match the adjectives

Q1 Match the adjectives with the correct nouns.

1. blue
2. hardworking
3. green
4. pebbled
5. healthy

1. blue — sky
2. hardworking — children
3. green — vegetables
4. pebbled — road
5. healthy — leaves

7.4 Let us Learn B — Fill in the blanks with nouns

Q1 Fill in the blanks with naming words (nouns) that suit the first describing word.

1. happy _____
2. red _____
3. fierce _____
4. beautiful _____

1. happy child
2. red apple
3. fierce lion

4. beautiful butterfly

Q2 Add describing words (adjectives) for the following nouns.

1. _____ mangoes
2. _____ baby
3. _____ nation
4. _____ winner

1. juicy mangoes
2. tiny baby
3. strong nation
4. brave winner

7.5 Let us Write A — Double-letter words

Q1 Look at the picture and fill in the blanks with words that have double letters.

Example: Village has 'll' in it.

This is my pet _____. It loves to eat _____, which are _____ in colour.

This is my pet parrot. It loves to eat chillies, which are yellow in colour.

7.6 Let us Write C — Rhyming words

Q1 Find and write the rhyming words from the poem.

1. Hockey _____
2. Skates _____
3. Guitar _____
4. Race _____
5. Joy _____

1. Hockey — rocky
2. Skates — mistakes
3. Guitar — sitar
4. Race — pace
5. Joy — boy

7.7 Let us Write D — Word meanings

Q1 Match each word from the box with its meaning.

Words: Brave, Rocky, Mistakes, Proudly, Delightful

1. Feeling happy about something you did well.
2. Courageous and bold.
3. Uneven or full of difficulties.
4. Very pleasing or enjoyable.
5. Errors or things done incorrectly.

1. Proudly
2. Brave
3. Rocky
4. Delightful
5. Mistakes