Chapter 6: Happy and Healthy Living

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6.1 Activity 1 — Food and Ingredients

Q1 Connect the food items shown below with the ingredients used to make them.

Connect: (Left column, top to bottom) Yellow dal/curry → pulses/lentils; Idli/white rice cakes → rice; Samosas → wheat/maida. (Right column, top to bottom) Vegetable soup → vegetables; Kheer/rice pudding → rice and milk; Boondi/besan dish → gram flour (besan/chickpeas). The ingredients in the middle column (pulses, rice grains, dried fish/seeds, green peas, ginger root, green peas/beans) match the food items shown on the left and right.

6.2 Activity 2 — Journey of the Grains

Q1 Put a tick on the elements that assist a grain in its journey: Soil, Stone, Farmer, Earthworm, Air, Wood, Water, Tiger, Hills, Fire, Insect, Bat.

Tick (✓): Soil (already pre-printed ✓ in the textbook), Water, Farmer, Earthworm. These four directly help a grain grow and reach us. No tick for: Stone, Air, Wood, Tiger, Hills, Fire, Insect, Bat — these do not assist the grain's journey.

Q2 What is the role of farmers in this process?

Farmers sow seeds, water the crops, and take care of the plants as they grow. When the crops are ready, they harvest the grains and send them to markets so we can buy food.

Q3 List out the missing elements in the table above.

The elements missing from the tick list that also help the grain's journey are: Sunlight, Cattle, Shopkeeper, and Cook.

Q4 Can you list the roles of the different elements involved in the grain's journey? (a) Soil (b) Water (c) Farmer (d) Cattle (e) Shopkeeper (f) Family members (g) Any other

(a) Soil: Provides nutrients and support for the plant to grow well. (b) Water: Helps seeds sprout and keeps plants alive and healthy. (c) Farmer: Plants seeds, cares for crops, harvests grains, and sends them to market. (d) Cattle: Help in ploughing the fields so seeds can be sown. (e) Shopkeeper: Buys grains from farmers and sells them to families. (f) Family members: Buy, store, cook, and serve the food at home. (g) Any other: Sunlight helps plants make food and grow strong.

6.3 Activity 3 — Thank You Everyone

Q1 Whom would you like to thank for the food you eat? Please write your answers in the following space.

Sample answer: I would like to thank the farmers who grow our food, the shopkeepers who sell it, my parents who buy and cook it, and Nature for giving us rain, soil, and sunlight.

6.4 Mindful Eating

Q1 What role does your tongue play in this process?

The tongue helps us taste and feel the surface of food. It also moves the food around in the mouth and mixes it with saliva to prepare it for swallowing.

Q2 What do your teeth do to the food?

The teeth chew and grind the food into smaller, softer pieces. This makes it easier for us to swallow and for our body to digest it.

Q3 What happens to the food inside your mouth during this process?

The teeth break the food into smaller pieces while the tongue moves it around. Saliva mixes with the food to make it soft and moist. By the time we swallow, the food has become a soft paste that is easy to digest.

6.5 Activity 4 — Valuing Food

Q1 For a week, keep a record of the food you eat for breakfast, lunch and dinner. Mark yes/no and happy/sad smiley accordingly.

Sample answer: This is a personal observation activity. Fill in what you ate each day, write 'Yes' with a happy smiley if you finished your plate, or 'No' with a sad face if you left food.

Q2 What will you do if someone offers you food more than you need?

Sample answer: I will politely say, 'Thank you, but I have enough.' I will take only as much food as I can eat so that nothing is wasted.

Q3 What will you do if you do not like a food item on your plate?

Sample answer: I will try to eat at least a small amount, because food is precious and many people worked hard to bring it to my plate. If I truly cannot eat it, I will tell someone politely and make sure it is not wasted.

6.6 Enjoy Sports

Q1 Look at the picture below. Identify the activities people are engaged in.

The park picture shows children engaged in: playing football (kicking a ball), swinging on swings, sliding down a slide, playing badminton (two children with rackets), cycling (a girl on a bicycle), climbing on monkey bars/jungle gym, and running.

Q2 Which physical activities do you do in your daily life?

Sample answer: I ride my bicycle, play badminton with friends, run in the park, and skip rope every day.

Q3 How do you feel on a day when you play a lot?

Sample answer: I feel very happy, energetic, and fresh after playing a lot. I may feel a little tired by evening, but it is a pleasant tiredness and I sleep very well that night.

Q4 Can you name the games depicted in the pictures below?

Top-left: Gilli-Danda — a child hits a small stick (gilli) on the ground with a larger stick (danda). Top-right: Saat Patthar (Seven Stones / Lagori) — a child throws a ball at a stack of flat stones while other children stand behind. Bottom-left: Posam Pa — a group of children hold hands and form a chain/bridge, a traditional ring game. Bottom-right: Hopscotch (Stapu / Kith-Kith) — a child hops on numbered squares drawn on the ground.

Q5 With your teacher's guidance, practice the easy yoga poses given below for a week, and record your observations.

Sample answer: This is a week-long activity. Practice the yoga poses shown (such as Vajrasana, Tree Pose, and Sukhasana) each day and note whether the pose was easy or difficult and how you felt — fresh, calm, or more flexible.

6.7 Activity 6 — Sleep Well

Q1 Fill the sleep record table for yesterday, the day before yesterday, and prior to it — noting when you slept, when you woke up, and how you felt (a: Felt fresh; b: Lazy; c: Sleepy).

Sample answer: Yesterday — slept at 9:30 PM, woke at 6:00 AM, felt fresh (a). Day before yesterday — slept at 10:30 PM, woke at 6:30 AM, felt fresh (a). Prior to it — slept at 11:00 PM, woke at 7:30 AM, felt lazy (b).

Q2 Why do you think our body needs rest?

Our body works hard throughout the day — muscles move, the brain thinks, and energy is used up. Rest lets our muscles recover and repair, and sleep gives the brain time to refresh. Without enough rest we feel tired, sleepy, and unable to focus.

Q3 Do you think it is important to rest after a busy day of exercise and play? Why?

Yes, rest is very important after exercise and play. When we rest, our muscles heal and become stronger, and our body regains the energy used. Good sleep after an active day helps us stay healthy and feel fresh the next morning.

6.8 Activity 7 — Feeling Safe

Q1 Look at the pictures of different situations. Put a tick for the situation where the child would feel comfortable and a cross for the situation where the child would feel uncomfortable.

Picture 1 (top-left): An adult man crouches and grabs/reaches toward a young boy — the touch is forceful and uninvited. Cross (✗) — uncomfortable. Picture 2 (top-right): A woman (teacher or mother) sits with a girl and helps her with books/studies — a caring, supportive situation. Tick (✓) — comfortable. Picture 3 (bottom-left): A child is examined by a doctor in a white coat with a stethoscope, with a parent present — a routine medical check-up with a trusted adult and parent. Tick (✓) — comfortable. Picture 4 (bottom-right): An adult man hugs/holds a girl from behind — the child appears uneasy and the contact is unwanted. Cross (✗) — uncomfortable.

Q2 What would you do if someone's touch made you feel uncomfortable?

I would firmly say 'No', move away from that person, and immediately tell a trusted adult — like my parent or teacher — about what happened.

Q3 If you face an unsafe situation, who would you tell?

I would tell a trusted adult such as my parents, my teacher, or the school counsellor. They can help keep me safe.

Q4 List two situations where you would firmly say 'No'.

1. If someone tries to touch me in a way that makes me feel uneasy or uncomfortable. 2. If someone asks me to do something that I know is wrong or against the rules.

6.9 Let Us Reflect

Q1 If the following are missing, what would happen to a food grain? — Soil, Water, Sunlight, Animals/Cattle, Earthworm, People/Farmer, Shopkeeper, Cook.

Soil: Without soil, seeds have no nutrients or support to grow — the plant cannot survive. Water: Without water, seeds cannot sprout and plants will wilt and die. Sunlight: Without sunlight, plants cannot make their own food through photosynthesis and will not grow. Cattle: Without cattle to help plough the fields, sowing seeds becomes very difficult for farmers. Earthworm: Without earthworms, the soil stays hard and less fertile — plants grow poorly. Farmer: Without the farmer to sow, water, and harvest, the grain would never reach us. Shopkeeper: Without the shopkeeper, grains would not be available for families to buy. Cook: Without the cook, the grain cannot be prepared into edible food for us to eat.

Q2 Design your own favourite plate of balanced diet with the food items you like. (Remember we should not waste food.)

Sample answer: Breakfast plate — two rotis, a small bowl of dal, and a banana. Lunch plate — rice, sabzi (vegetables), dal, and a glass of buttermilk. Dinner plate — two rotis, mixed vegetable curry, and a small bowl of curd. I take only as much as I can eat so nothing is wasted.

Q3 Which activities did you enjoy during your 'mindful eating'?

Sample answer: I enjoyed feeling the texture of the food with my tongue before chewing. I also liked noticing the different flavours as I chewed slowly — it made eating feel more interesting and special.

Q4 How can you keep your body strong? Write down the names of the exercises and games you would practice.

Sample answer: Exercises — skipping, running, cycling, and simple yoga like Vajrasana and Tree Pose. Games — badminton, football, and traditional games like Saat Patthar (Seven Stones).

Q5 Which habits would you practice daily? Indicate your plans for: Wake up early, Yoga and exercises, Eat a balanced diet on time, Exercise and play, Less use of TV and mobile, Read a book, Sleep peacefully.

Sample answer: Wake up early — by 6:00 AM. Yoga and exercises — 20 minutes every morning. Eat a balanced diet on time — three meals at fixed times. Exercise and play — 1 hour of outdoor play in the evening. Less use of TV and mobile — limit to 30 minutes a day. Read a book — 15 minutes before bedtime. Sleep peacefully — lights out by 9:30 PM.