

GK-4

Chapter 27: Staying Fit - Worksheet

Multiple Choice Questions (MCQs)

- 1. How many glasses of water should we drink every day?**
a) 2-3 b) 4-5 c) 8-10 d) 12-15
- 2. Which of the following is NOT considered junk food?**
a) Chips b) Ice cream c) Fruits d) Soft drinks
- 3. Which food type contains no artificial substances?**
a) Fast food b) Whole food c) Junk food d) Seafood
- 4. Which of these should be avoided for good health?**
a) Daily exercise b) Outdoor games c) Eating uncovered food d) Drinking enough water
- 5. Seafood refers to:**
a) Fruits b) Grains c) Fish and sea creatures d) Milk products

Fill in the Blanks

1. A healthy person has strong _____.
2. We should avoid eating _____ food like chips and soft drinks.
3. We should drink _____ glasses of water every day.
4. Eating too much deep-fried food may cause harmful _____ gain.
5. We should wash our hands properly before and after _____.

True or False

1. Whole food contains artificial substances. (True/False)
2. Junk food is pre-prepared and has low nutritional value. (True/False)
3. Exercise helps keep the body fit and active. (True/False)
4. Watching TV for long hours is good for health. (True/False)
5. Fruits and salads are healthy for the body. (True/False)

Match the Following

Match Column A with Column B:

- | | |
|---------------|--|
| A. Fast Food | 1. Fish and edible sea creatures |
| B. Junk Food | 2. Quickly served processed food |
| C. Whole Food | 3. Contains no artificial substances |
| D. Seafood | 4. Low nutritional value packaged food |

Short Answer Questions

1. Write two habits that help you stay healthy.
2. Why should we avoid eating uncovered food?
3. What are the benefits of drinking enough water?
4. How does exercise help in maintaining good health?
5. Why should we wash our hands before eating?