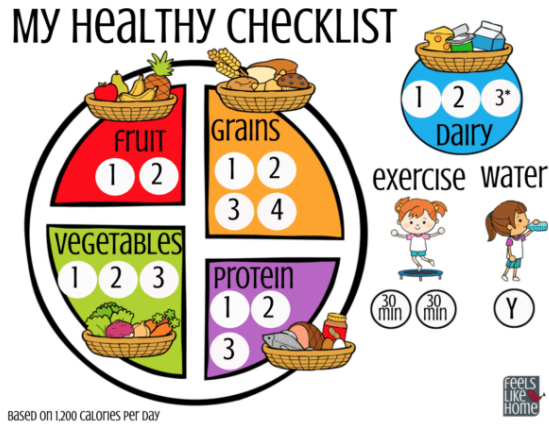


Lesson 4: Good Eating Habits



“To eat is a necessity but to eat intelligently is an art”.

Healthy eating means eating a variety of food that give you the nutrients you need to maintain your health and to give you energy. The nutrients include protein, carbohydrates, fat, vitamins, minerals, etc.

A healthy diet gives us a long and healthy life. A healthy diet may contain fruits, vegetables and whole grains.



Q1. Given below are some eating habits. Tick the good habits and cross the bad ones.

1. Good habit
2. Bad habit
3. Good habit
4. Good habit
5. Good habit
6. Bad habit
7. Good habit
8. Bad habit
9. Good habit

Good Eating Habits

Nutritious diet is required by all children to grow well. A balanced diet is the diet that contains all nutrients like carbohydrates, proteins, fats, minerals and vitamins. Simultaneously good eating habits are also needed to keep yourself fit and healthy.

Given below are some eating habits. Tick (✓) the good habits and cross (X) the bad ones.

<p>1</p>  <p>Neetu washes hands before eating food. <input type="checkbox"/></p>	<p>2</p>  <p>Saify eats too much fried and junk food. <input type="checkbox"/></p>	<p>3</p>  <p>Geeta drinks adequate amount of water. <input type="checkbox"/></p>
<p>4</p>  <p>Geetika chews her food well. <input type="checkbox"/></p>	<p>5</p>  <p>Prakash includes salad/roughage in his daily diet. <input type="checkbox"/></p>	<p>6</p>  <p>Ria does not take milk in her diet. <input type="checkbox"/></p>
<p>7</p>  <p>John eats the meals at regular intervals. <input type="checkbox"/></p>	<p>8</p>  <p>Saloni eats very fast and eats too much. <input type="checkbox"/></p>	<p>9</p>  <p>Sukhvinder does not play or do any vigorous exercise immediately after eating the meals. <input type="checkbox"/></p>

Lesson 5: Traffic Signs



While moving on roads we need to be careful. To follow the traffic rules we need to choose the right signs of traffic.

Traffic signs or road signs are signs erected at the side or above roads to give instructions or provide information to road users. Traffic signs give information about the road conditions ahead. Traffic signs are easy means of communication that let the road users remain aware of basic traffic laws along with this giving warnings and information about the location.



Q1. On roadside you may observe the following traffic signs. Write the meaning of these signs with the help of 'Help Box'.

1. Speed Limit 30km/h
2. Stop ahead
3. Cycle allowed
4. Narrow crossing ahead
5. No parking
6. No horn
7. No right turn
8. Railway crossing ahead
9. No U turn
10. School ahead
11. No left turn

Traffic Signs

On roadside you may observe the following traffic signs. Write the meaning of these signs with the help of 'Help Box'.

1 	2 	3 
4 	5 	6 
7 	8 	9 
10 	11 	

Help Box

- School ahead
- Railway crossing ahead
- No Parking
- No U turn
- Narrow crossing ahead
- Stop ahead
- No left turn
- No right turn
- Speed Limit 30 km/h
- No horn
- Cycle allowed

Interesting Spot

Help the needy on the road in case of an accident. Dial 100 for police help and 102 for ambulance.

Lesson 6: Natural Calamities



A natural disaster/calamity is a major adverse event resulting from natural process of the Earth. A natural disaster is a major bad event caused by the natural processes of the earth consisting of floods, hurricanes, tornadoes, volcanic eruptions, earthquakes, tsunami, etc.

Natural calamities cause destruction of property, loss of financial resources, human loss and personal injury or illness.

Q1. Given below are the pictures of some natural calamities with their names in reverse order. Write their correct names.

1. Flood
2. Drought
3. Earthquake
4. Tornado
5. Volcanic Eruption
6. Landslide
7. Tsunami
8. Wild Fire
9. Avalanche

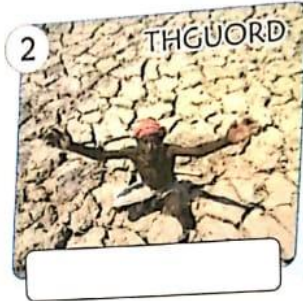
Precautions during an Earthquake:

1. Find a safe location like beneath a table/desk.
2. Cover your head and eyes to minimize the injury.
3. Turn off all electrical switches.
4. Remain in open areas.
5. Stay away from power poles, trees and buildings.
6. Stay calm and do not panic.



Natural Calamities

Natural calamities or disasters are the major adverse events which are inflicted by nature. These are sudden and extreme. Given below are the pictures of some natural calamities with their names in reverse order. Write their correct names.



Precautions during an **Earthquake**

- * Immediately seek a safe location like beneath a table/desk or along an interior.
- * Cover your head and eyes to minimize the injury.
- * Turn off all electrical switches.
- * Switch off the gas, if cooking food.
- * Stay away from power poles, trees and buildings. Remain in open area.
- * Stay calm, sit if possible.