

St. Mary's Kindergarten, Diamond Park

Class: UKG SUBJECT: GK DATE:27.01.22

CHAPTER - GOOD HEALTH

Question and Answer:-

I. What is health?

Ans- Health is the state of being free from illness or any kind of injury.

II. Say any 5 points on good health.

Ans- The 5 points are:-

1.We should wear clean clothes.

2.We should wash our hands before and after meals.

3.We should brush twice a day.

4.We should take bath everyday.

5.We should drink plenty of water.