

GIRLS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ.

SESSION- (2020-21)

WORKSHEET NO- 3

CLASS 2 (A-F)

SUBJECT – VALUE EDUCATION

CHAPTER- BE HEALTHY AND FIT

Instructions to the parents- Parents are requested to help the child read and understand Chapter No. 11- Be Healthy and Fit from the book and then do the exercises given below.

Exercise 1- Put a tick against each statement you agree with and a cross against the statement you do not agree with.

1. I regularly eat green vegetables and fruits.
2. I brush my teeth every day.
3. I always keep my study table, my school bag and my surroundings neat and clean.
4. I wear a neat ,clean and well- ironed uniform to school everyday.
5. I bathe every day.
6. I sleep late and wake up late.
7. I feel too lazy to exercise.
8. I divide my time equally between leisure and work.
9. I grumble and refuse to eat food that is cooked at home.
10. I drink water from my friend's bottle.

Exercise 2- Write the names of your favourite indoor and outdoor games.

S.No.	Indoor Games	Outdoor Games
1.		
2.		
3.		
4.		

Exercise 3- Draw a picture of your favourite fruit and colour it.

END
