

## LESSON 17

### STAY HEALTHY

Answer the following questions:

Q1. Where do we get energy from?  
Ans. Food gives us energy.

Q2. Do you brush your teeth twice a day?  
Ans. Yes. We must brush our teeth in the morning and at night.

Q3. How does exercise help us?  
Ans. Exercise make us fit.

Q4. Name 3 things that make us healthy.  
Ans. Good food, good habits, regular exercise and rest make us healthy.

Q5. How does food help us?  
Ans. Food gives us energy, makes us healthy and help us to grow.

Q6. Name one good way to exercise.  
Ans. Swimming is a good exercise.

Q7. How can we relax?  
Ans. We can relax by staying quiet for few minutes and listen to music.