

Second Semester  
Assignment.  
STD 2. E.V.S. CH 8

Answer the following questions.

Q1)What makes our body healthy and fit?

Ans)We can keep our body healthy and fit in the following ways-

- a)Eat healthy food such as green vegetables,fruits,eggs and milk.Avoid junk food.
- b)Drink eight to ten glasses of clean water daily.

Q2)Write three ways to keep yourself safe at home.

Ans)Three ways to keep ourself safe at home are-

- a)Do not open the door to strangers.
- b)Never take medicine on your own.
- c)Do not play in the kitchen.Stay away from stoves.Do not touch hot water and hot pans.