

Taking care of our body

TOPIC - Let us practice

[E] Answer the following questions

(1) Why should we avoid eating oily food and fried snacks?

Ans:- consuming foods fried in unstable or unhealthy oils can have several negative health effects. In fact, eating them regularly can put you at a higher risk of developing diseases like diabetes, heart diseases and obesity.

(2) How many hours of sleep are important for your body?

Ans:- you should sleep for at least eight to nine hours.

(3) Write any two healthy habits.

Ans:- Two healthy habits are given below.

(i) Eat healthy food.

(ii) Drink eight to ten glasses of water every day.

(4) Why should we wash our hands before and after eating food?

Ans:- keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others, ... Handwashing with soap removes germs from hands.

(5) Why should we wash fruits and vegetables before eating?

Ans:- Washing will help remove germs from the surface of fruits and vegetables.