

English - 5th Class English Chapter 6 Short Questions Test

Q1. How do you keep yourself fit and healthy.

Ans 1: I keep myself clean, eat balance diet and take exercise to keep myself fit and healthy.

Q2. Do you think washing hands can keep us safe from germs.

Ans 1: Yes because germs get into our mouth through our hands.

Q3. Why is a good sleep important for good health?

Ans 1: Because it enable the body to repair be fit and ready for another day.

Q4. How can germ make us ill

Ans 1: Germ invade the body and kill our body cells. As a result, we became ill

Q5. why is junk food unhealthy? Discuss.

Ans 1: Junk food is unhealthy as it makes you lazy, obese and gives you a lot of problems related to the heart liver, eyes and brain.

Q6. Have you ever been ill? What did you do?

Ans 1: Yes once I was having pain in my belly and I told to my mother then she gave me medicine and I got well.

Q7. What do you eat to keep yourself healthy?

Ans 1: I eat bread, fruits and vegetables to keep myself healthy

Q8. What do you keep yourself clean?

Ans 1: I clean my teeth, take bath and wear clean clothes on daily basis to keep myself clean

Q9. How can we keep ourselves safe from Covid-19?

Ans 1: We can keep ourselves safe from covid-19 by washing hand for 20 seconds wearing mask and eating healthy food.

Q10. How do you spend your summer holidays? Mention some activities.

Ans 1: I do my home work. visit my relatives and spend my time with my family.
