

ROUND ABOUT

Worksheet - IV

Name: Class: Roll No.:

A. What's wrong with these kids? Label the following pictures using words from the box.

headache exhausted coughing fever

stomachache broken arm sneezing toothache



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B. Study the given situations and make sentences for necessary suggestions. The hints will help you.

go to the dentist / stay in bed for a few days / carry heavy objects / apply balm / go to the doctor / apply bandage / eat sweets and chocolates / drink ginger tea

- a. Johnny has fever.
- b. Mishika cuts her finger.
- c. My mother has a back pain.
- d. My friend has a headache.
- e. Ahmed has a toothache.

C. Fill in the blanks using should or shouldn't and one of the verbs in the boxes.

Pick-up point- sleep, brush, overeat, eat, wash, drink, avoid, watch



You
some fruit every
day.



You
eating fast food. It's
unhealthy.



You
for at least 7 hours
every night.



You lots
of water. It's great for
your body.



You
your teeth after
every meal.



You watch
TV or you'll be tired
the next day.



You
If you do, You'll have
stomach-ache.



You
your hands before
every meal.

D. Deficiency diseases are caused by a lack of a nutrient in your diet, particularly vitamins or minerals.

Pick-up point- iodine, iron, vitamin-C , vitamin-B , vitamin-D, vitamin-A, calcium, glucose

1 Deficiency of
along with calcium and
potassium in the body
causes rickets.

2 Decaying of the
skin, gums, teeth
and bones is caused
by the deficiency of

3 Lack of
in the body results
in a disease called
beriberi.

4 The most common
cause of goitre
worldwide
is the lack of

5 Anaemia is a disease
caused by the
deficiency
of

6 For the normal cell
metabolism in the
body,
is very essential.

7 Deficiency of
causes
night blindness.

8 Deficiency of
causes scurvy.

E. Colour in the squares with green, orange or red. Be as honest as you can!

= I always do this

= I often do this

= I never do this

1. I listen when the teacher or my classmates are talking.
2. I use my manners and am polite towards others.
3. I am resilient and 'bounce back' when things don't go my way.
4. I make an effort to be friends with lots of different people.
5. I help out when needed and do jobs without having to be asked.
6. I ask for help when I don't understand.
7. I work well in a group.
8. I am on time for class and I am organised with everything I need.
9. My work is neat, tidy and I don't rush.
10. I control my emotions and don't get angry easily.
11. I raise my hand in class before I speak.
12. I think about others and how they might be feeling.
13. I persist and don't give up when work gets hard.
14. I am respectful of my school and my environment.
15. I enjoy myself and see the bright side of things.

F. Read and complete:

started followed have muscle should earlier mistakes checked

1. Sometimes we make and that's OK. But you must learn from your mistakes. Think about what you do next time.
2. Have you ever left home without an umbrella and then it raining? What should you have done? You should have the weather.
3. Have you ever been late for school? What should you done? You should have left home
4. Have you ever pulled a while playing sports? You should have stretched before the game.
5. Have you ever done your homework the wrong way? You should have the instructions.

