

A. Write only one word in each space to complete the passage.

Keeping Yourself Healthy

The most important tip for a healthy body is to have healthy food and avoid eating junk food. None of the nutrients are available in these junk foods. Your diet should contain food which has balanced nutrients.

Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast will affect your health. If the water content in your body goes low, then it will lead to dehydration, so drink a lot of water daily.

Exercise also is a vital role in keeping your body healthy. Regular exercise will also keep your body in good health. It is recommended to exercise for 30 minutes to one hour per day.

Apart from these, your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for your body and also for mental and emotional happiness.

B. Parts of Speech

Identify the part of speech that is underlined in each of the sentences below.

1. leafy – **adjective** and – **conjunction**
2. having – **verb** breakfast – **noun**
3. your – **pronoun**
4. for – **preposition**
5. health – **noun**

C. Composition – (Answers Will Vary)

Write a composition on the topic given below. Write about 150 – 200 words.

What I Want To Become When I Grow Up