

St. Andrews Scots Sr. Sec. School

9th Avenue I.P. Extension, Patparganj, Delhi- 92

Session: 2025-2026

Class: II Sub: EVS

L-7 Healthy Habits

New Words

1. exercise
2. swimming
3. chew
4. trim
5. regularly
6. stale
7. touch
8. jogging

Ques/Ans

Q1. Write any two good habits which keep us fit and healthy ?

Ans. The two good habits are-

1. get up early in the morning.
2. Sleep early at night and take proper rest.

Q2. Why should we take proper rest ?

Ans. We should take proper rest because it refreshes our brain and body.