

St. Andrews Scots School

Adjacent Navniti Apartments

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.