

Assignment
Std. 5. Subject : Science
Ch: 12 -Cleanliness and Hygiene

Answer the following questions:-

Q1) Define Hygiene .

Ans) Hygiene may be defined as good habits that ensures cleanliness and good health.

Q2) Why should we keep our body clean ?

Ans) Throughout the day we come across dirt , dust , smoke and germs in many ways which stick to our body and if they are not removed we may fall sick . Hence, we should keep our body clean .

Q3) Mention four ways to take care of our eyes .

Ans) We can take care of our eyes in the following ways

- * We should wash our eyes with clean and cool water 3-4 times a day
- * We should not rub our eyes with

hands.

*We should wear sunglasses in bright sunlight .

* We should study book keeping it at a proper distance .

Q4) Mention three ways to take care of hair .

Ans) * We should wash hair regularly with good quality shampoo.

* After bath we should dry hair with a clean towel .

* We should oil our hair regularly using good quality oil .

Q5) Mention two disease caused by drinking unclean water .

Ans) Two disease caused due to drinking unclean water at jaundice and cholera .