

## Lesson 4

# Healthy Habits

Health is not only a physical state without any disease but also a pleasant assimilation of physical, mental, social and spiritual aspects of a man. Physical health remains incomplete without the realisation of mental and social health. A person becomes healthy when all the parts of his body and mind work together properly. To keep the mind as well as body active and healthy everyone should try to cultivate some habits like taking healthy food, regular exercise, washing hands before meal, brushing teeth, practising good posture, taking sound sleep, maintaining cleanliness etc. from his childhood. These are healthy habits. So being healthy can mean much more than merely not being ill.

According to Greek mythology, Aesclepius was the god of medicine and his daughter Hygeia was the goddess of health. The Greeks knew the value of health and they worshipped Hygeia to bless them with good health. Now everyone of us knows that the food we eat, the rest and exercises we take and the state of mind to which we have to adjust in our everyday life, help us to remain healthy always.

Just as an engine needs fuel to keep it run, our body also needs food which supplies building material and energy to the body for our growth and development. Healthy and nutritious food is very important for maintaining a good health.

Healthy food means a balanced diet. The balanced diet includes proteins (meat, fish, pulses etc.), carbohydrates (sugar, rice, roti, starch etc.), fats (butter, oil etc.), minerals (iron, calcium etc.), vitamins etc., which supply the required energy to the body. Moreover, our body needs liquids like water, milk, juice, because nearly three quarters of a human body are water. A man can live



without food for three or four weeks, but without water he will die very soon. Our daily food should contain the vital nutrients which can protect and cure people from various diseases.

Regular exercises help us to keep our health and mind active and fresh. Walking, running, swimming, jogging, playing various types of games are all exercises which people can take every day. Exercises help in blood circulation. If a person who lives an inactive life tries to take exercises regularly his activeness in body as well as in mind will obviously increase. Exercises keep us away from many diseases and they also keep us strong and active.



Good habits like washing hands before meal, brushing teeth twice daily after food etc., are essential to maintain a good health. Good posture has also something to do with our health. It should be practised in the act of standing, sitting, walking and even in talking. It is important to keep the head erect, shoulders back, chest out and stomach in at the time of standing and walking.

Exercises can also help us to attain good and positive postures.

Mental health plays a vital role in maintaining a good physical health. Actually the principal difference between a human body and a machine lies in the fact that each human being has a mind. Mental health is the state of mind in which we learn to adjust with the problems of our everyday life.

To maintain good health, we need adequate and regular sleep. A good sleep keeps us alert and active. During sleep, our body can take complete rest. Health is the result of nurturing our mind as well as body with the help of good habits.

**Wordnote**

state (n)	: condition of someone or something
assimilation (n)	: the act of taking together
spiritual (adj)	: having to do with human spirit
posture (n)	: a particular position of the body
mythology (n)	: a collection of myths or false stories
nutrient (n)	: food item which helps the living things to keep alive and to grow
nutritious (adj)	: nourishing, full of nutrients
circulate (v)	: move continuously through a closed system or area
erect (adj)	: rigidly upright
wealthy (adj)	: rich

**EXERCISE**

**Comprehension**

1. Answer the following questions in complete sentences.  $1 \times 5 = 5$ 
  - a) Who was Aesclepius ?
  - b) Who was the goddess of health ?
  - c) What does food supply to our body ?
  - d) What is the difference between a human body and a machine ?
  - e) What is mental health ?
  
2. Give brief answers to the following questions.  $2 \times 5 = 10$ 
  - a) What do you mean by health ?
  - b) What are the healthy habits ?
  - c) What is a balanced diet ?
  - d) What is the function of vital nutrients in our body ?
  - e) How does sleep help us to be healthy ?



3. What is the importance of good habits in maintaining our health? 3
4. What is the necessity of food in our health? 5
5. Write true or false.  $\frac{1}{2} \times 4 = 2$ 
  - a) Physical health remains incomplete without mental health.
  - b) Healthy food includes a balanced diet.
  - c) Aesclepius was the Greek god of health.
  - d) Sugar has protein.

### Grammar and usage

6. Use the correct determiner.
  - a) She needs (little / few / many) advice from others as she is expert in this field.
  - b) She is (a / an / the) M.A. of Gauhati University.
  - c) There is not (much / many / little) milk in the pot.
  - d) I do not want to buy (some / any / few) books.
  - e) The cat finished (little / a little / the little) milk in the bowl.
7. Fill in the blanks with appropriate preposition from the brackets.
  - a) She is proud ——— her beauty. (of / with / at)
  - b) The mangoes were divided ——— the children.  
(between / among / with)
  - c) The teacher was angry ——— his behaviour.  
(at / with / on)
  - d) The worker died ——— overwork. (of / from / by)
  - e) She insisted ——— going to the excursion. (on / of / at)
8. Write the correct form of the verbs.
  - a) My friend always (wash) hands before taking meal.
  - b) My mother (prepare) food for the guests since 12 o'clock.
  - c) We (know) each other for last ten years.
  - d) My mother (finish) all her work before we returned from the market.
  - e) Last night when I was sleeping, I (hear) someone shouting.

9. Fill in the blanks of the following sentences with appropriate phrasal verb given in the box. (use the correct form of the verb)

bring up, look for, call off, give up, give away

- a) The president ——— the prizes to the winners.
- b) They have ——— the meeting for an unavoidable reason.
- c) She ——— the poor child.
- d) The police is ——— the thief.
- e) Try to ——— your bad habits.

### Vocabulary

10. Match the words in A with their meanings in B.

<b>A</b>	<b>B</b>
Emigrant	One who draws map.
Cartographer	One who travels by sea.
Philanthropist	One who leaves a country to settle in another.
Seafarer	One who carries luggage.
Porter	One who donates money.

11. Know about some 'fears' or 'phobias'.

Hydrophobia	:	extreme fear of water
Arachnophobia	:	extreme fear of spiders.
Claustrophobia	:	extreme fear of being in a small enclosed area.
Xenophobia	:	extreme fear of people from other countries.
Agoraphobia	:	extreme fear of being in a public place.



## Composition

12. Look at the following picture of the fair and write a paragraph on what is going on.



## Spoken activity

13. Suppose you have organised a Health Awareness Camp in your school. Prepare a conversation playing the roles of the organiser, doctor, patient etc. in your class.

## Note to the teacher

In this lesson, the students should be taught the use of appropriate phrasal verbs, determiners, prepositions etc. They should be encouraged to use these in their writing.

