

Habits for Good Health

Chapter 6: Happy and Healthy Living · Topic 1

Key Concept

Getting enough sleep (about 9-11 hours for children) helps our body rest, recover, and grow properly.

Regular exercise, like playing outdoor games or cycling, strengthens our muscles and heart, and helps maintain a healthy weight.

Good hygiene habits, like washing hands and brushing teeth, prevent illness by keeping germs away.

Combining good sleep, exercise, hygiene, and healthy eating creates a strong foundation for overall physical and mental well-being.

Quick Revision Notes

- Children need about 9-11 hours of sleep.
- Sleep helps the body rest, recover and grow.
- Regular exercise strengthens muscles and heart.
- Exercise helps maintain a healthy weight.
- Hygiene habits prevent illness.
- Washing hands and brushing teeth are hygiene habits.
- Combining good habits creates strong well-being.
- Good health habits support both body and mind.

Practice Questions

- 1 Track your sleep hours for three nights.
- 2 Do a physical activity today, like playing or cycling.
- 3 Practice good hygiene, like washing hands regularly.
- 4 Make a chart of your daily health habits.
- 5 Discuss with your family how to improve one health habit.
- 6 Explain why combining habits is more effective than just one.