

BHAGIRATHI BAL SIKSHA SADAN SECONDARY SCHOOL
DAYALPUR DELHI 94

CLASS ⇒ VIII SUBJECT ⇒ G.K

Lesson ⇒ 1 Healthy Lifestyle

1 Eat healthy ⇒

Always remember a healthy body is a healthy mind. Have a balanced diet that will help you keep fit and look better.

2 Junk food ⇒

Junk food may be a great temptation but it is not so good for health.

3 Yoga ⇒

Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing and to relax your mind.

Question 1

Learn and write two times definition of Eat healthy, Junk food and Yoga

Question 2

Paste five picture of Junk and healthy foods

Answer the following question

Ques 1 The CPU and memory are located in the computer at where?

Ques 2 Name the factor which is most directly related to the level of economic development of a country?

Ques 3 Which is hardest substance found on the earth?

Ques 4 When Good and Service Tax (GST) launched in India?

Ques 5 What do you mean by (URL) on Internet?

Ques 6 Name the bank name which is the Banker to the central government?

Ques 7 'Digital Gold' scheme first launched in India by whom?

Ques 8 Name the metal which pollute the air of a big cities?

Ques 9 The office of the prime minister of India is created by?

Ques 10 'World Animal Day' observed on which date each year?