



Fat soluble vitamins are:

Vitamin E  
Vitamin K  
Vitamin A  
Vitamin D

13. What are water soluble vitamins?

Ans The water soluble vitamins are:

Vitamin B  
Vitamin C

**V Answer the following questions in detail.**

**3x3=9 marks**

14. Mention the five sense organs in our body.

Ans The five sense organs are:

Eyes  
Nose  
Ears  
Tongue  
Skin.

15. How should we keep our body clean?

Ans

We should wash our hair with soap.  
We should wash our hands before and after eating food.  
We should cover our nose and mouth while coughing.  
We should brush our teeth daily.  
We should trim our nails.  
We should take bath everyday.

16. How should we keep our body healthy?

Ans

Eat healthy food.  
Drink 6 to 8 glasses of water everyday.  
Keep surrounding clean.  
Throw garbage in a dustbin.

\*\*\*\*\*Best of Luck\*\*\*\*\*