

CLASS 4

EVS

EXTRA QUESTIONS

Class 4 EVS Chapter 6 Happy and Healthy Living – Extra Questions with Answers

Class 4 EVS Chapter 6, Happy and Healthy Living, covers personal hygiene, cleanliness, exercise, rest, and emotional wellbeing. These extra questions test understanding of daily healthy habits and why they matter.

Contents

- Quick Concept Recap
- Multiple Choice Questions (MCQs)
- Short Answer Questions
- Long Answer Questions
- How to Use These Extra Questions

Class 4 EVS Chapter 6, **Happy and Healthy Living**, covers personal hygiene, cleanliness, exercise, rest, and emotional wellbeing. These extra questions test understanding of daily healthy habits and why they matter.

Quick Concept Recap

Personal hygiene (handwashing, brushing, bathing) prevents illness.

Regular exercise and adequate sleep support healthy growth.

Emotional wellbeing is a key part of overall health.

Multiple Choice Questions (MCQs)

Q1. When should you always wash your hands?

(a) only after playing (b) before eating and after using the toilet (c) once a day (d) never

Answer: (b) before eating and after using the toilet

Q2. How many times a day should teeth ideally be brushed?

(a) once (b) twice (c) never (d) once a week

Answer: (b) twice

Q3. Which of these supports emotional wellbeing?

(a) ignoring feelings (b) spending time with family and friends (c) staying alone always (d) skipping meals

Answer: (b) spending time with family and friends

Q4. Why is regular exercise important for children?

(a) it has no benefit (b) it keeps the body strong and improves mood (c) it only tires you out (d) it is optional

Answer: (b) it keeps the body strong and improves mood

Q5. Adequate sleep mainly helps the body to:

(a) waste time (b) rest, repair, and recharge (c) get weaker (d) none of these

Answer: (b) rest, repair, and recharge

Short Answer Questions

Q6. Name three personal hygiene habits that prevent illness.

Answer: Washing hands regularly, brushing teeth twice a day, and bathing daily (trimming nails is also acceptable).

Q7. Why is cleanliness of surroundings important, not just personal hygiene?

Answer: Because dirty shared spaces can spread germs and disease-carrying pests to everyone, so community cleanliness protects the whole neighbourhood.

Q8. What role does sleep play in a child's health?

Answer: It allows the body to rest, repair, and recharge, and supports concentration and healthy growth.

Q9. Give one example of taking care of emotional wellbeing.

Answer: Talking openly about feelings with family, or spending positive time with friends (any reasonable example).

Q10. Why should nails be kept trimmed and clean?

Answer: Because dirt and germs can collect under long nails and easily spread to food or the mouth.

Long Answer Questions

Q11. Describe a simple daily routine that supports both physical and emotional health.

Answer: A good routine includes waking up and sleeping at regular times, washing hands before meals, brushing teeth twice daily, getting some outdoor exercise or play, eating balanced meals, and spending some relaxed time with family, along with 9-11 hours of sleep at night.

Q12. Explain why “healthy living” includes more than just avoiding sickness.

Answer: Because true health includes physical fitness, cleanliness, adequate rest, and emotional wellbeing together — a person can be free of illness but still unhealthy if they are constantly tired, stressed, or inactive.

How to Use These Extra Questions

Use these questions to check understanding of daily healthy habits, and discuss real examples from the student’s own routine. For the full walkthrough, see the [Solutions](#) and [Revision Notes](#).

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