

Grade 4 Worksheet: Environment and Personal Health

Breathing in fresh air from nature, like the air in a park or by the beach, can make you feel better and healthier. It's because nature's air is like a superhero for your lungs, giving you energy and making you happy! 🌴

Section 1: Environment Health

a. What does 'environment health' mean ?

b. List three ways you can help keep your environment clean and healthy.

c. Explain why it is important to plant trees and take care of plants in our environment.

d. Draw and label a picture showing how pollution affects our environment.

Section 2: Personal Health

a. What is personal health ?

b. List three habits that can help you maintain good personal health.

c. Explain the importance of eating healthy food. Give examples of healthy and unhealthy foods.

d. Draw and label a balanced meal plate showing different food groups.

Section 3: Activity

a. Prepare a healthy snack with the help of your parents or guardians. Write down the recipe and draw a picture of your snack.

Section 4: Reflection

a. What did you learn about environment health and personal health from this worksheet?

b. How can you apply what you have learned in your daily life to stay healthy and protect the environment ?

🌱 Remember: Taking care of your environment and personal health is essential for a happy and fulfilling life. Share what you've learned with your friends and family to create a healthier community!



