



FLORENCE INTERNATIONAL SCHOOL
CLASS- IV
WORKSHEET NO :16
ENGLISH

NAME:

DATE: 20/04/202

Read the stanza carefully:

I will not play at tug o' war,
I'd rather play at hug o' war,
Where everyone hugs,
Instead of tugs.
Where everyone giggles,
And rolls on the rug,
Where everyone kisses,
and everyone grins,
And everyone cuddles,
and everyone wins.

Answer the following questions:

a) Which game does the poet want to play?

b) What does the poet want to tell us in the poem?

c) Give the suitable title of the poem.

d) Complete the sentence:

And everyone cuddles _____

e) Frame the sentence:

i) Giggles _____

ii) Wins _____

Read the passage carefully:

We must take proper care of our hair. Healthy hair looks beautiful and makes us feel good. It is important to keep our hair clean by washing it regularly with soap or shampoo. This removes the dirt and dust and prevents scalp infections. To have healthy hair, we must eat a balanced diet which provides nourishment to our skin. We should eat lots of green leafy vegetables, fresh fruits and cereals. Consumption of amla juice, ashgourd juice, pumpkin and coconut water enhances hair growth. Vitamin B12 helps to prevent hair loss and can be found in fish, eggs, chicken and milk. We should avoid the intake of maida (fine flour) and deep-fried dishes, sweets made of white sugar, soft drinks, tea and coffee. If we follow a healthy regime of yoga and breathing exercises, we can enjoy healthy hair for a long time as it slows down the process of graying and ageing.

Answer the following questions:

a) It is important to keep our hair clean because

b) A balanced diet provides

c) Find words from the passage which means:

i) food to make a person healthy_____

ii) improves_____

d) What role does shampoo play in hair hygiene?

e) What substances help in enhancing hair growth?

f) What food stuff should be avoided for healthy hair?

