



CREST
Olympiads

#CRESTInnovator

CREST Science Olympiad (CSO) Worksheet *for*

Class 2



Topic

Healthy and Unhealthy Habits



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Worksheet on Healthy and Unhealthy Habits

1. Which of the following kids does not care about cleanliness?

a.



b.



c.



d.



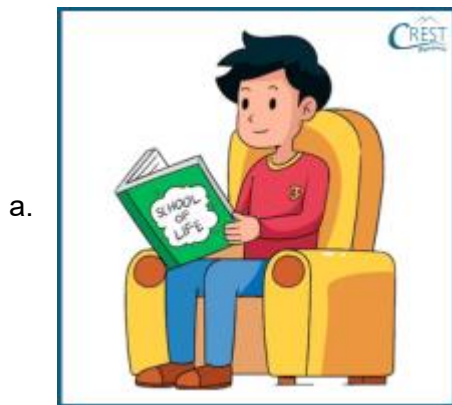
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2. Keith sleeps at 10 in the night and wakes up at 6.
Zach sleeps at 12 in the night and wakes up at 5.

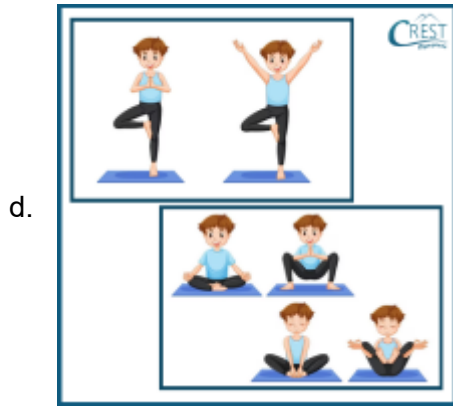
Which of the two is getting proper rest?

- a. Keith
- b. Zach
- c. Both Keith and Zach
- d. Neither Keith nor Zach

3. Which of the following activities does not involve maintaining a good posture?



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4. Which of the following is not a good habit while eating?



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d.



5. Three friends were having a discussion about their habits.

Joel: I don't like combing my hair regularly.

Ellie: I exercise daily.

Bill: I share my toys with my friends.

Who among them follows good habits?

- a. Joel and Ellie
- b. Ellie and Bill
- c. Only Ellie
- d. Only Bill

Answer Key

1. d - Having long nails/ dirty clothes is a bad habit.
2. a - Keith sleeps for 8 hours at night which is necessary for our body to rest. Zach only sleeps for 5 hours which is not enough.
3. c - Talking does not require maintaining a good posture.
4. c - We should avoid eating junk food as it can make us sick.
5. b - Both Ellie and Bill practice good habits.

More Questions Coming Soon – Keep Learning!

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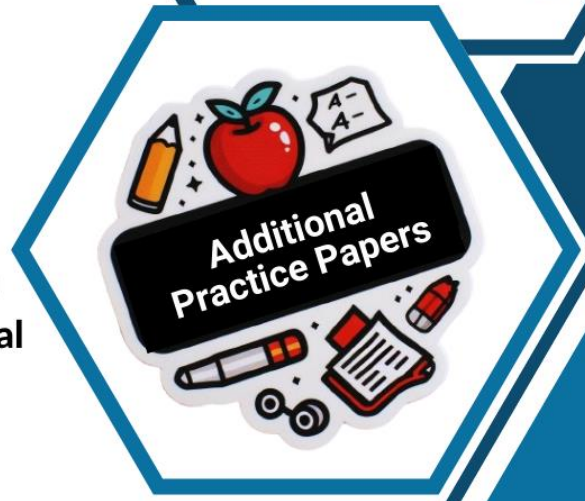
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