

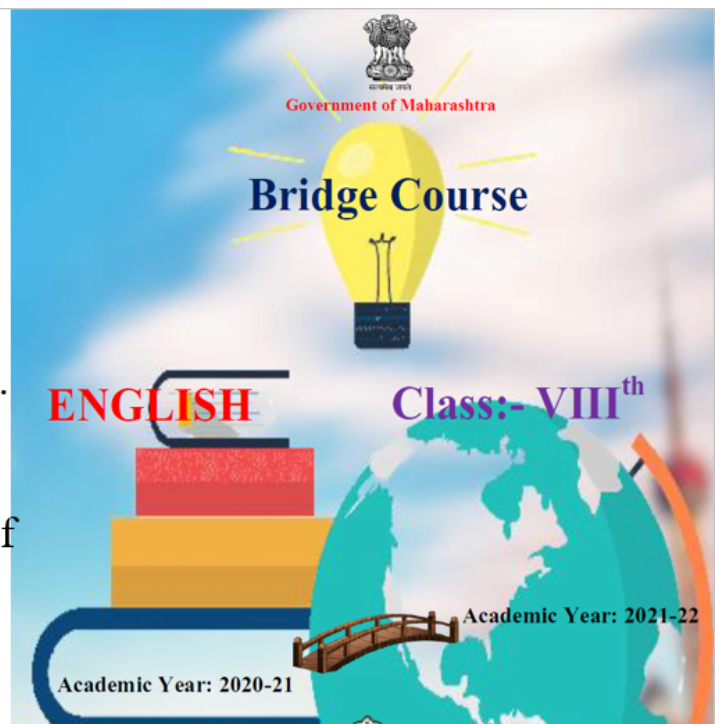
## **Finds Specific Details In the Form of a Speech, Dialogue or Story**

### **Activity No.2**

#### **Learning Outcomes/ Competency Statements:**

3) Understands announcement  
and speeches on familiar topics.

4) Finds specific details  
/facts/information in the form of  
a speech, dialogue or story.



### **Learning Activity:**

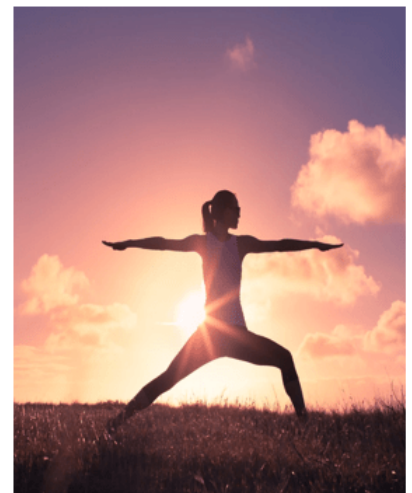
Teacher delivers a speech about health and fitness.

Tells them to listen to the speech carefully and complete the activities

"Good morning children. Today, I am going to talk about health and fitness. Every student must try to keep good health. It is not very difficult to do so. The first requirement is—'Early to bed and early to rise'. Morning air is very fresh. We should take exercise in this air. Here, we can do Yogasanas and Pranayams.



Food plays very important role in development of health . We must take a balanced diet. We should take a fresh healthy food and avoid junk food because it is unhealthy for our body. Milk and some butter must be a part of our diet. We should take meals at regular times. It is not good to keep on eating something or the other all the time. Then for a healthy body we need a tension-free mind. We can do meditation for peace and tranquillity. At last we can say Health is Wealth.



**Q.1A) Listen to the speech and complete the activities.**

**a) What is the first requirement for health?**

**Ans.** Early to bed and early to rise.

**b) Why should we avoid junk food?**

**Ans.** because it is unhealthy for our body

**B) Say whether the following sentences are true or false.**

**a) Morning air is not good for exercise. (False)**

**b) We can do meditation for peace of mind. (True).**

**c) It is good to keep an eating all the time. (False)**

**d) We must take a balanced diet.(True)**

**Solved Activity/ Demo:**

**Teacher delivers a speech about the Importance of Trees and its usefulness.**

Good morning to our respected Principal, respected teachers and my dear friends. I am Ravi Bhalerao, and today I will be delivering a speech on the importance of trees in our lives. I want to mention that because of our trees, we are existing.

Trees are the biggest plants and oldest form of living organisms on the planet and are one of the most important reasons for our survival.

From the very beginning, trees have always provided us with all the essentials to survive. They, from the very beginning, supply the two most pivotal necessities- food and oxygen. The role of trees in satisfying human needs has expanded with human evolution.

**Q. How do trees help us?**

**Ans.** Trees help us by providing flowers, fruits, wood, herbs, medicines and oxygen.....

**Q. Write down the different ways to be healthy and fit .**



## HEALTHY HABITS

Early to bed and early to rise

We brush our teeth morning and at night

We wash our hair regularly

We wear clean clothes

We wash our hands with soap before and after every meal



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