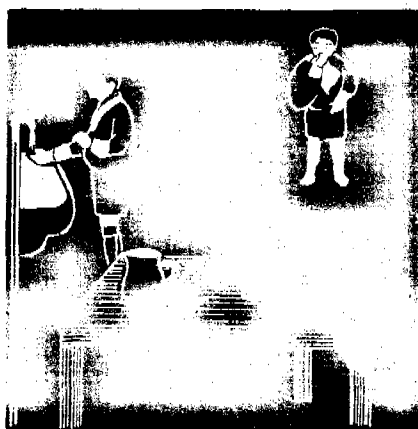
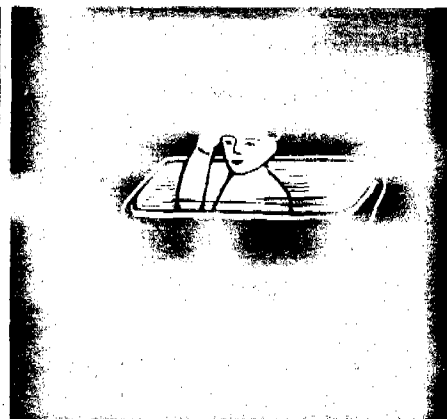
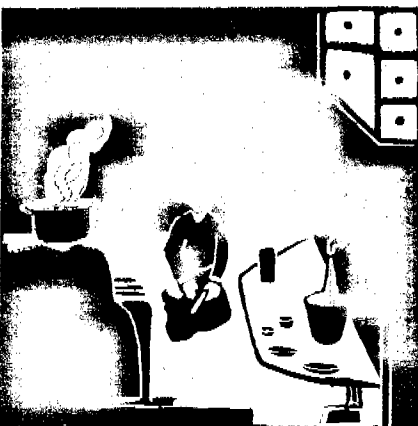


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Health for Growth



Book One

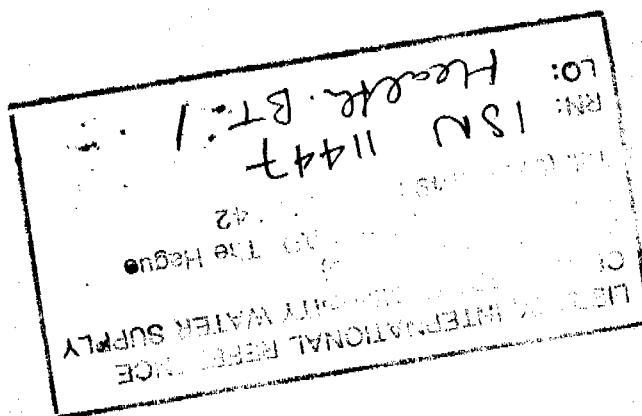


Cover design devised by Dean Gasper, from prize winning entries for a children's art competition held in Bhutan for the International Drinking Water Supply and Sanitation Decade.

Health for Growth

Book One
(for Class Four)

Published for the Department of Education in
collaboration with the Department of Health Services
Royal Government of Bhutan and UNDP/UNFPA/WHO



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Preface

The Royal Government of Bhutan is committed to the development of human resources. Human resources development is basically linked to the spread and quality of the educational system and the improvement of health facilities. 'A healthy mind in a healthy body' implies the development of health as a pre-condition for the development of the mind. Right from the inception of development plans, the Royal Government has accorded priority to the promotion of education, health and nutrition. One of the important strategies, for all developing countries, is to lay adequate emphasis on preventive rather than curative measures to promote health for all. Since education has an important role in promoting the concepts of health and prevention of diseases, health education needs to be included in the educational curriculum, especially at the school stage. Direct dissemination of information, knowledge, skills and values that promote health and nutrition can effectively take place within the portals of educational institutions; for the information and knowledge gained and habits formed at an impressionable age have a lasting and snowballing cumulative effect.

It is precisely for this purpose that the Government has been emphasizing the need for developing appropriate and relevant curricula at all levels incorporating elements of basic cleanliness, health, nutrition and better food habits as well as the preparation of reading and instructional materials. The Government is equally keen that knowledge about health and nutrition should form an integral component of the teachers-training curriculum so that teachers get adequate training and knowledge about these aspects and pedagogical skills which help them in promoting the total personality development of the child.

We are grateful to the World Health Organization for making available the services of a Consultant, who has, after extensive study of relevant materials within the country and visits to educational institutions and discussions with knowledgeable persons, developed drafts of three texts: *Health for Growth*, Book One for Class IV; *Health for Growth*, Book Two for Class V, and *School Health Education—A Manual for Teachers*.

The Department of Education hopes that the teaching of environmental sanitation, nutrition, suitable dietary habits and scientific methods of cooking to children as incorporated in these reading materials and with proper instructions from teachers, will make significant contribution to making them aware of basic principles of health and hygiene. The *Manual for Teachers* should provide useful instructional materials and will be handy both to parents and teachers.

As the saying goes, 'Well begun is half done'. This is the first attempt at developing the curricula and contents of courses in health education, elementary hygiene, better food habits, etc., and some inaccuracies may have crept into the texts. There may be need for further corrections, modifications and improvements. The Department of Education would appreciate suggestions from teachers, health authorities, developmental agencies, parents and others so that subsequent editions of the texts can be improved.

The Department of Education hopes that teachers will not only teach what is contained in the textual materials but also demonstrate, within and outside the classroom, the basic principles of health and hygiene. No amount of teaching and learning will suffice unless it is supplemented by actual practice, demonstrations, follow-up and occasional visits to families.

The Department of Education would like to take this opportunity of recording its appreciation to all national personnel such as teachers and heads of institutions, and the Department of Health Service for close collaboration and assistance in the development of these materials. Special gratitude is due to several international agencies, such as UNDP, UNESCO, UNICEF

and WHO in particular for providing significant technical assistance. This is an excellent beginning in forging national and international collaboration for development of human resources. Such efforts need to be continued and intensified so that the objective of 'A healthy population' is realized sooner rather than later.

6 July 1983

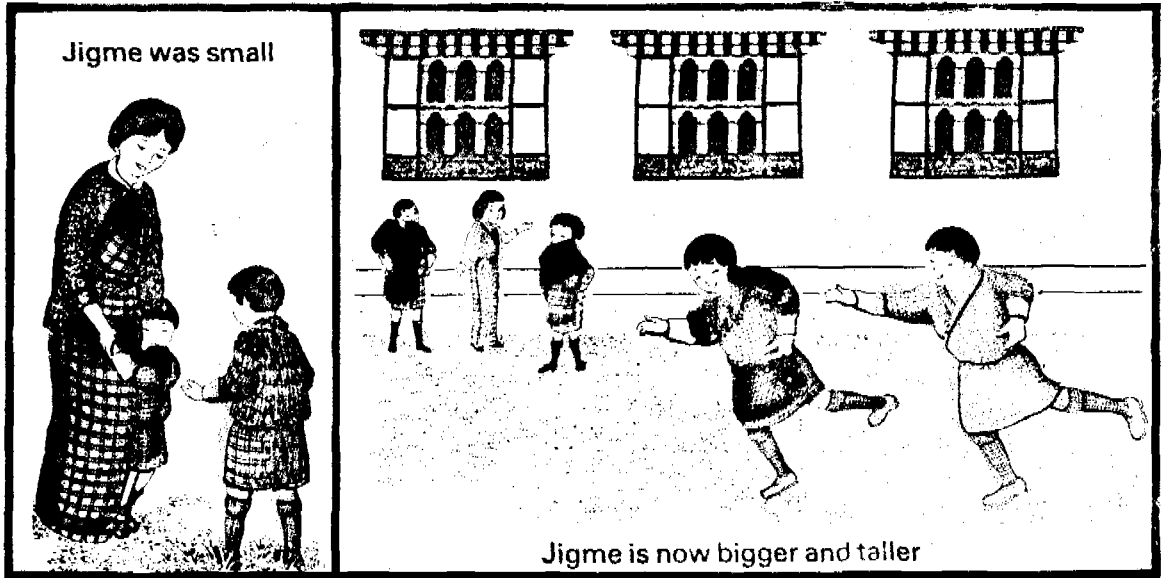
Nado Rinchen
Director of Education

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You Are Growing

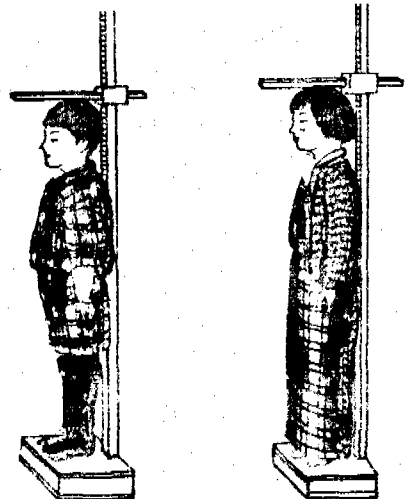
When you first came to school, you were small and very shy. Now, you are bigger and taller and are not shy of strangers. You look for more friends to play with and enjoy the work you do at school.



Every child grows but some children grow faster than others. You will also grow very fast at a certain age.

Girls grow faster than boys between the ages of ten and fourteen and are usually taller than boys of the same age. Boys begin to grow fast two years after girls.

Boys are taller than girls by the age of eighteen. Your height depends on the height of your parents, the food that you eat, and your own health and physical exercise. You will not grow tall if you get sick often because your body-building will be disturbed.



Dago and Tsering are 12 years of age

You may have noticed that some children walk even at the age of one and are bigger than others of the same age. Some children who do not walk by the age of one, may have smaller bodies because they suffer from diarrhoea or other diseases most of the time. So, they do not grow tall and their body building is disturbed by their illness.

When you are suffering from a disease, you usually lose your appetite and do not feel like eating. You will then become very weak. Your face will become pale, your eyes will look sunken, your neck will become thinner and your bones will show. You will have lost weight instead of growing.

Dorjee is not growing tall



If you want your body to grow properly and steadily you must keep yourself healthy and avoid getting diseases.

You must have also noticed that you have learned how to behave with others and make friends. You know how to show respect to your parents, teachers, the lamas, older people and your friends. You have learned what you should do and should not do in your daily life. You know what is good and what is bad and you will try to be good and will avoid being bad. In this book, you will learn more about the things that you and others need to do in order to have better health. You will also learn how you and others should behave, so that you grow steadily, play with friends cheerfully, study easily, look attractive and work well.

Exercises

Questions

1. How do you notice that you are growing?
2. Why do some children grow faster than others?
3. Why do some children have smaller bodies than others of the same age?
4. What happens to your body when you are suffering from a disease?
5. What will you do to keep yourself in good health and to grow steadily?

Things to do

1. With the help of your teacher, measure the height and weight of the students of your class every month.

Write your findings in a chart like the one below.

Name of student _____			
Date of birth _____			
Month	Date	Height	Weight
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

2. Make a small booklet. Keep the record of your height and weight in this book. It will be your personal health history book.

CHAPTER 2

If You Are Sick

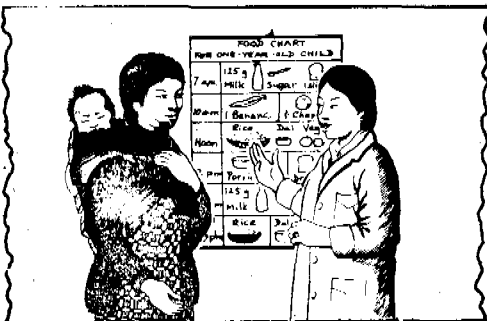
When you are affected by a disease, the first thing that happens is that you feel unwell, and later you fall sick. You cannot get out of bed and you want your parents near you.

When you are sick, you become very weak. You cannot play. You cannot work, your appearance changes, and you cannot go to school. So, you see that you need good health if you want to play, go to school, look attractive, and work.



If you are sick you can neither go to school nor help your mother

If you are sick and want to get well, you should go immediately to the nearest dispensary, basic health unit (BHU) or hospital, to receive early treatment. The doctors, nurses or compounders will give you medicines. They will also tell you what food you should and should not eat. They will give advice about what you and your family should do and not do, so that you do not get the same disease again.



Follow the advice

Although you may not feel like eating, you should eat the food that you have been advised to eat by the health workers. This food gives you energy, rebuilds the worn out parts of your body and fights against diseases. You should also follow any other advice they give you in order to prevent disease.

Some diseases, for example mumps and measles, can be passed on easily from one person to another. If you have one of these diseases, you should not allow your little brother or sister to stay near you. You should not go out until you are completely well. Your parents should also take your younger brothers and sisters to the nearest dispensary, BHU or hospital. The health workers can often prevent them from getting the same disease that you have.



You should also remember that you can prevent many diseases. The Bhutanese people know this. They wear warm clothes to avoid catching cold in winter. They also drink 'Suja'—Bhutanese tea. The butter, which is put in the tea, prevents the lips from cracking in cold weather. You know that it is better to prevent a disease than to cure it. So all of you should practise healthy habits, keep your surroundings clean, eat good food, do some physical exercises and have enough rest.

Once you feel completely well, you can go out and play with your brothers, sisters, friends, and you can go to school.

Exercises

Questions

1. Why do you need good health?
2. Where should you go if you become sick?
3. Why do you have to eat the foods suggested by the doctors, nurses and health workers?
4. Name the diseases that can be passed on easily from one person to another.
5. Where should your parents take your brother or sister if they have a disease that can easily be passed on from one person to another?
6. What should you do to prevent disease?

Things to do

Earlier you were asked to make a small booklet, which was going to be your personal health history book. Now you can use that booklet, if you have had a disease in order to answer the following questions.

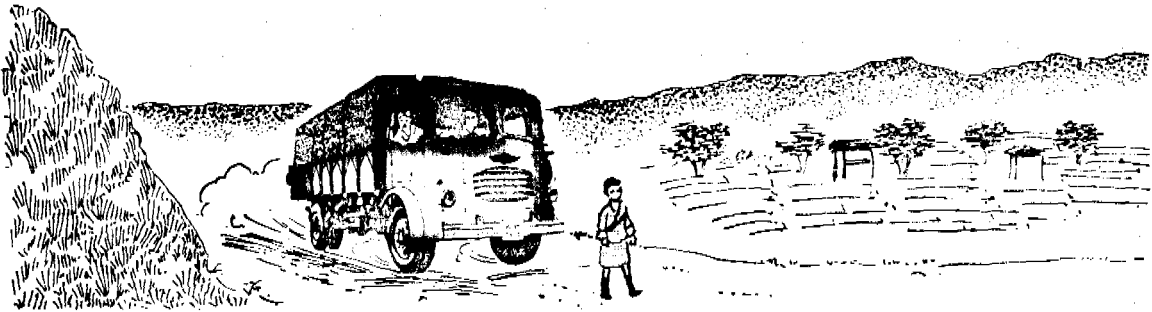
1. What was the date on which you suffered from it?
2. How did you feel?
3. Did you have a headache?
4. Did you have a fever?
5. Was it painful?
6. Did you vomit and lose your appetite?
7. Were you hungry or thirsty all the time?
8. Did you manage to sleep well?
9. Did your friends or neighbours get the same disease?
10. How did you get the disease?
11. What did you tell your teacher?
12. When did you go to the Basic Health Unit or health worker for treatment?

CHAPTER 3

The Sense Organs

Have you met a person who is completely blind? Have you also met a person who is deaf and dumb? A blind person cannot see anything, a deaf person cannot hear anything, and a dumb person cannot speak.

If a person is deaf by birth, he becomes dumb because he cannot hear, and therefore cannot learn to speak like people who can hear words. For the deaf person, the world is very silent. He cannot hear anything. With your ears, you can listen to words and sounds, you can listen to music, to the sounds of birds and animals, and the sound of the wind blowing.

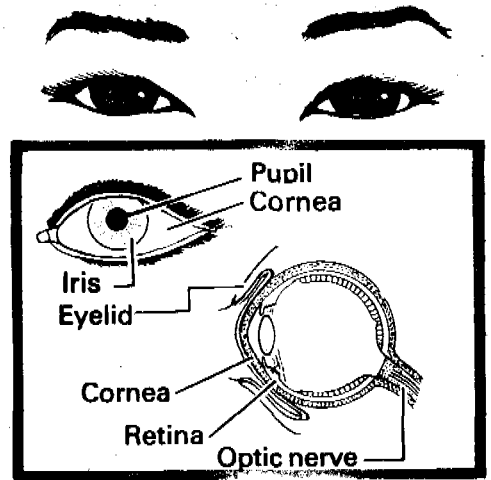


Your eyes, ears, nose, tongue and skin are your sense organs. Your sense organs tell you about your surroundings. They are your windows to the world. Through them, you are able to see, hear, smell, taste and touch. Through them, you learn about the world around you and about yourselves. It is important to learn more about each of these sense organs. You will learn about their functions and how you should take care of them. But you should remember that these sense organs do not work alone. They work together with all the other organs of the body, such as nerves, brain and muscles.

The eyes

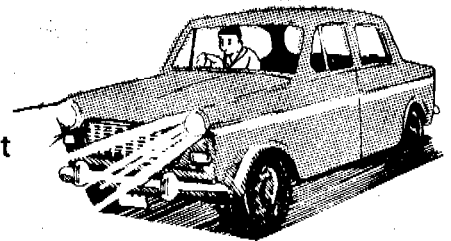
Your eyes help you to see. Close both your eyes and open a book. You cannot see the letters on the page, so you cannot read them. Your eyes catch images of objects and the nerves carry the images to the brain. The brain tells you what you are looking at. When you close your eyes, the eyes do not catch images of the letters. So you cannot see anything. You cannot see the letters in your book.

If your eyes are damaged, they cannot function. They stop sending messages to the brain and the brain cannot tell you what you are seeing. You become blind.



Care of the eyes

The eyes are delicate organs that contain liquid. You should be careful about your eyes. If they are damaged, you cannot replace them with other eyes. Keep sharp things such as pencils, pens, knives and sticks away from your eyes. If you have some dust or dirt in your eyes, take it out with a clean cloth. You should not put dirty fingers in your eyes, or press them with your hands.



You should not look directly at strong lights such as sunlight, car lamps, torches or bulbs for a long time, or you will get eye trouble.

As a student, you read and write a lot. You should not hold the book too close to your eyes. You should hold it at least a foot away. Rest your eyes often when reading or doing hard eye work, by either closing your eyes or looking at a distant object, preferably green trees, for a few minutes. Do not read or write in dim light.

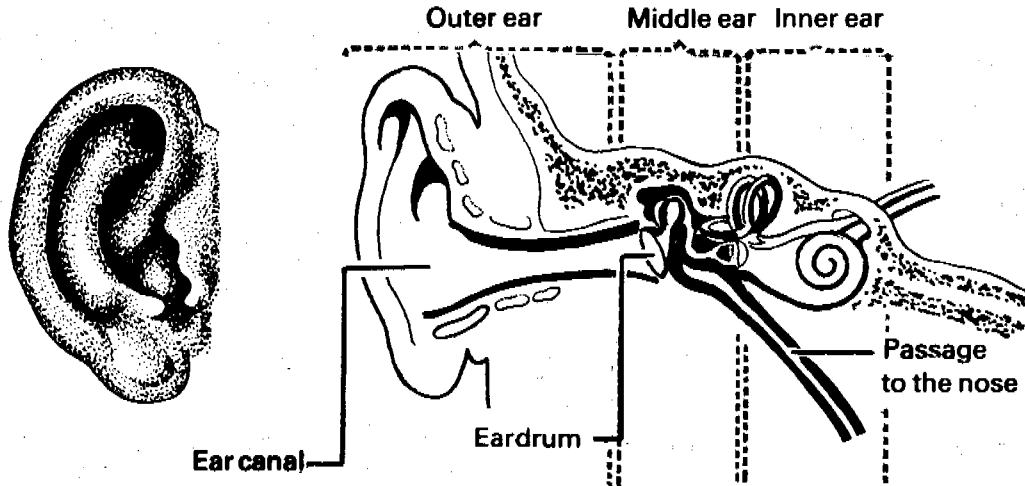


When you read or write, plenty of light should come from the left and behind you. Your own shadow should not block the light.

Your ears

Your ears catch sounds and send them to the brain. Your brain tells you what you are listening to. Then you hear the sound.

Your ears consist of outer and inner parts. You can easily see the outer part.



The sound goes into the inner part through the ear canal. Your eardrum catches the sound, then the sound goes into the inner part. The nerves in here send the sound to the brain. The brain tells you what you hear.

A person who is deaf from birth cannot hear anything. The inner part of his ears is damaged and does not function even though the outer part of the ears is normal.

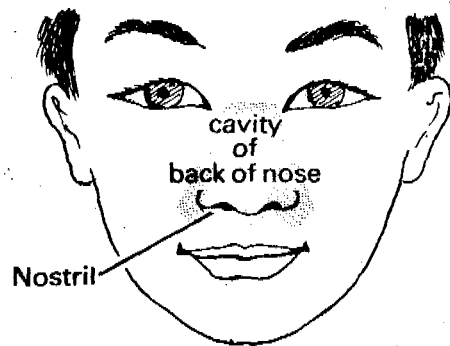
Care of the ears

The inner part is a very important part of the ear. You should not put any sharp things into your ears, for they may damage the inner part of your ears and make you deaf.

Do not blow or shout loudly into your friend's ears. The eardrums may get torn and this will lead to deafness. Water may get into your ears when you are taking a bath or swimming. If this happens, you should use a clean cloth to dry the ears.

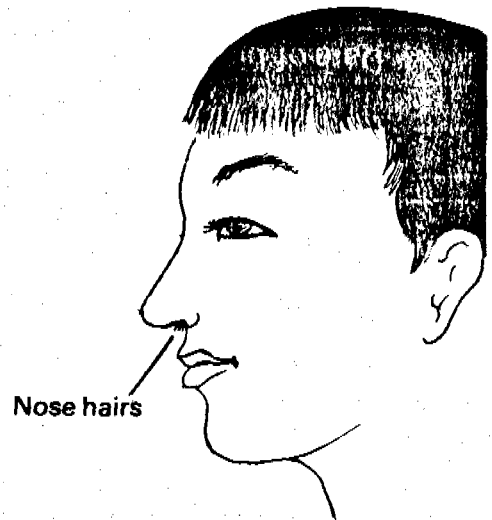
The nose

Your nose recognizes smell. If the inner parts of your nose are blocked or destroyed, you cannot smell properly. When you have a bad cold, you lose your sense of smell. Your nose has other functions too. You breathe through it. There are small hairs inside your nose that filter the air you breathe.



Care of the nose

The smelling parts of the nose are located inside the nose. You should not put your fingers or sharp things inside your nose. Some children put beans or marbles inside their noses and these objects may get stuck. Then the inside of the nose may be injured and the smelling power of the nose may eventually be reduced.



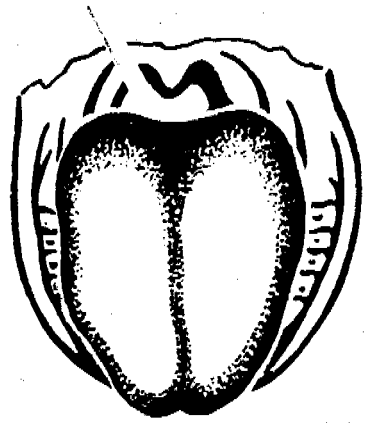
Some people have the habit of taking snuff. Snuff does not benefit your body in any way. Snuff is made from tobacco that has a very strong and strange smell. It slowly damages the smelling organs of the nose. For these reasons, you should not take snuff.

Your tongue

There are four basic types of taste: bitter, sweet, sour and salty. The taste buds located on different parts of the tongue help you to distinguish between these tastes.

If your tongue is cut by accident, you will not be able to taste. Chewing too much betel-nut also lessens the tasting power of the tongue.

Cavity of throat



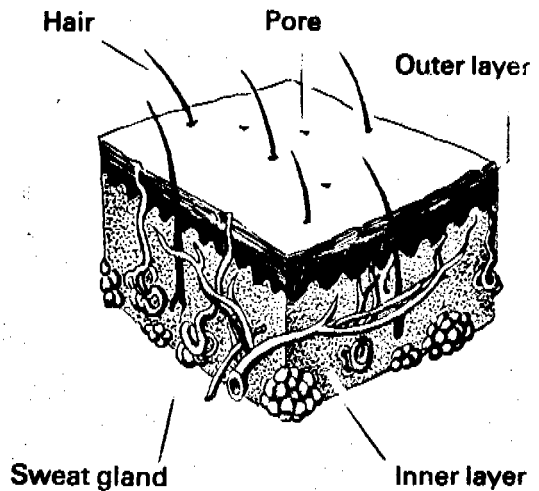
Care of the tongue

You should avoid chewing too much 'doma'—betel-nut. Clean your mouth regularly and brush your teeth.

Your skin

Your skin feels heat, cold, pressure, pain, tickling and the smoothness and roughness of surfaces. If any part of your skin is destroyed by accident or by skin diseases, you may not be able to feel these sensations properly.

Your skin also protects other organs in your body and releases sweat.



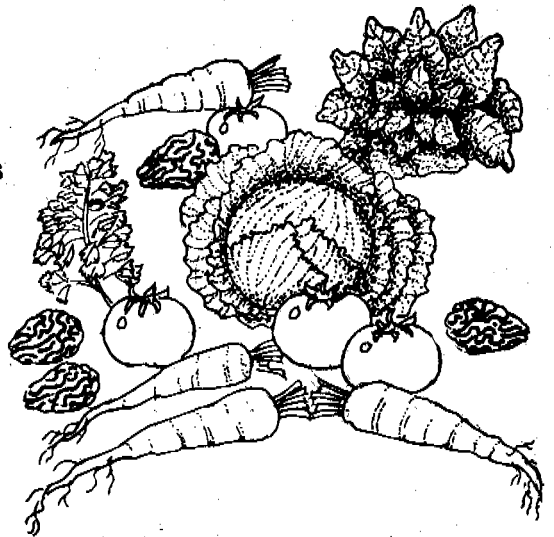
Care of the skin

You should keep your skin clean by washing and bathing regularly. You should prevent yourself from getting skin diseases, which may stop your being able to feel anything. Be careful of fire and hot water. They can easily burn and damage your skin.

There are some foods that help to prevent eye and skin diseases. You should eat vegetables and fruit to take care of your eyes and skin.

Now, you have learned the functions of the sense organs in your body that make you aware of your surroundings. Through your sense organs, you can see, hear, smell, taste and touch.

You should take care of your sense organs properly if you want to keep them working normally.



Exercises

Questions

- A. 1) Why is a person who is deaf from birth also, dumb?
- 2) What is the function of your:
- a) Eyes
 - b) Ears
 - c) Nose
 - d) Tongue
 - e) Skin
- 3) Why should you not chew too much betel-nut?
- 4) Explain how you take care of your:
- a) Eyes
 - b) Ears
 - c) Nose
 - d) Tongue
 - e) Skin
- 5) Why should you not look directly at strong light?
- 6) Why are your sense organs called 'windows to the world'?

B. Which of the following go together? Match them by putting the numbers of Column A against B.

Column A

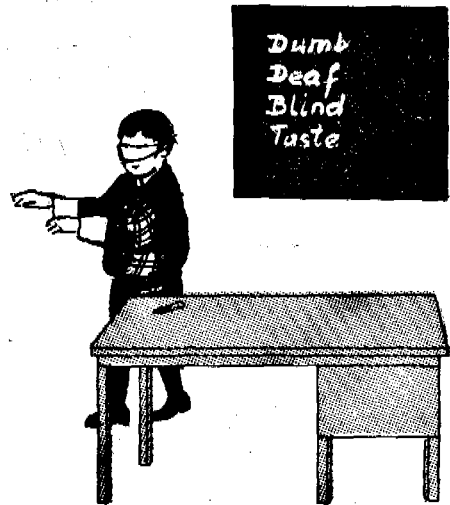
Column B

1. Dumb
2. Deaf
3. Blind
4. Taste
5. Smelling

- Nose
Mouth and tongue
Tongue
Ears
Eyes

Things to do

1. Put an eraser on your teacher's table.
With the help of your teacher, tie your handkerchief around your eyes so that you cannot see anything. Stand facing the wall in front of your class. Then walk towards the table and try to pick up the eraser. Can you do that properly? Tell your friends whether you like to be a blind person.
2. Arrange your class seats to get a good light.
3. Show the class a good way to sit while you are writing and reading, as given in this book. Keep the book at a proper distance.
4. Look at the eyes, ears, nose and tongue of your friends. Write down the parts which you can see, and those you cannot see.
5. Draw pictures of the eyes, ears, nose, tongue and skin in your exercise book.



CHAPTER 4

Your Personal Hygiene and Cleanliness

Ever since you started school, you have been learning personal hygiene from your teachers. Personal hygiene and cleanliness are very important for your health. If you do not keep yourself clean and do not practice hygiene as a daily health habit you can easily fall sick. If you do not get diseases, you will grow steadily and soon you will notice how healthy you are. You will enjoy playing with your friends and you will be able to study better.

In Bhutan, people wash their face and take a bath to clean their bodies. Everybody keeps and uses his personal plates (bangchu) and cups (shing pho) for eating or drinking. They never use other people's bangchu or shing pho. Before eating meals, they clean their hands by rubbing them with rice, and then throw away the rice. Some people even rinse their mouth after meals to clean it. These are good healthy habits and all of you should follow them.

Some of the habits of personal hygiene and cleanliness that you should practise everyday are given below.

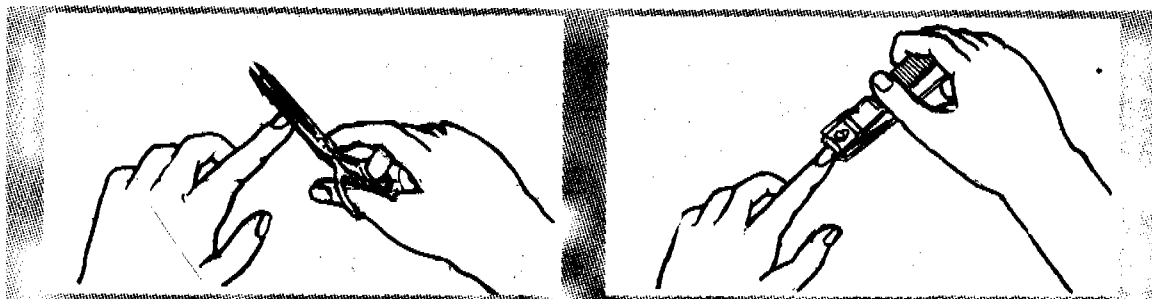
Keep your hands clean

Every day you use your hands for many purposes. You use your hands for holding things like books, pencils and erasers and for writing. You hold stones, balls, marbles and khur. When you play on the ground your hands become dirty. As you will learn later dirt carries disease. If nails are not cut, dirt is collected easily. You use your hands when you eat and drink. So, if you do not clean your hands, you may pass on diseases from the things you hold to the food you eat.

When this happens, you may suffer from stomach-ache and diarrhoea. If you touch your eyes with dirty fingers your eyes will be infected with germs that carry disease.

Do not bite your fingers or your nails as you will swallow the dirt in them. You should cut your nails regularly and keep them clean. You can use a pair of scissors or a nail-cutter.

You can do it yourself or ask someone else to do it for you.



Cut your nails regularly

You should also wash your hands properly with clean water. You can get clean water from springs.

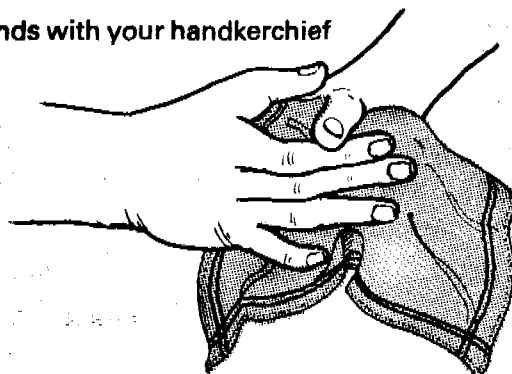
Wet your hands, then rub them with soap. Use a stick or a brush to clean the dirt from your nails and wash them properly with clean water. Do not use stream or river water because it is not clean.

Wash your hands after using the latrine



You should wash your hands several times a day. You should wash them after holding dirty things and after using the latrine. Your hands will easily get dirty, and you will need to wash them several times. It is best to clean yourself with water, or with soft paper after passing stool and do not forget to wash your hands with soap. You should always wash your hands before and after eating. Use your handkerchief, and not your clothes, for drying your hands.

Dry your hands with your handkerchief



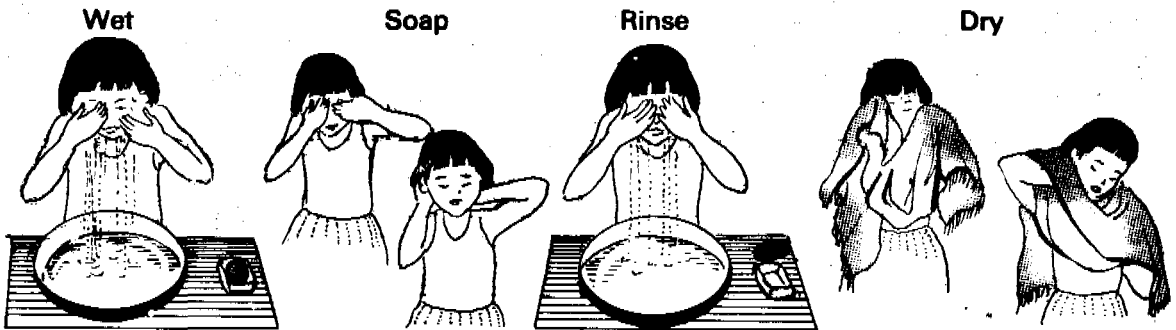
Keep your face clean

Everyone likes to be attractive. A clean face, neatly combed hair, clean teeth and a beautiful smile will certainly make us attractive. A smile looks best on a neat and clean face.

To keep your face clean, you should take care of your cheeks, eyes, nose, lips, ears, neck and hair and you should regularly wash your face.

Bhutanese people wash their faces regularly. In winter, they use warm water to wash, however, some people do not wash their faces properly.

These are the rules to follow when you wash your face. Wet your face with clean water. Rub every part of it with soap, especially the earfolds and the neck. Wash out the dirt with more water. Dry your face with your own clean towel. Do not use anyone else's towel.



You should also wash your mouth and brush your teeth properly, particularly your mouth before and after eating anything. You must brush your teeth at least twice a day, once when you get up and again before going to bed.



She uses a handkerchief to blow her nose

Sometimes you have a cold and you have a running nose. Sometimes you have pain in your ears and pus may come out of them. You may also have sore eyes, or tears may come out of your eyes. In these cases, remember to do the following things.

If you have a running nose because of a cold, you should always use a handkerchief to clean your nose. Do not use the sleeves and the inner part of your clothes. This will make your clothes dirty. Also, you should not wipe the mucus on your clothes, on the wall or on the floor.

If you suffer from pain in the ear, you should immediately go to a dispensary, basic health unit or hospital and if there is any pus, ask your parents to use clean cotton to carefully wipe out the pus from inside your ears. Put some clean cotton to keep your ear-holes covered. This should be done before you go to school. Do not put any metal or hard things into your ears. You may damage the inside of the ear.

If pus or tears come out of your eyes, always clean them with a clean handkerchief. In all these cases, it is best to go to the nearest BHU for treatment.



To keep your hair clean and neat, you should cut it short and comb it properly. If a girl has long hair, she should tie it neatly. Your hair covers and protects your scalp so you should take care of it. You should keep your hair free from lice. Wash your hair regularly using soap and clean water.



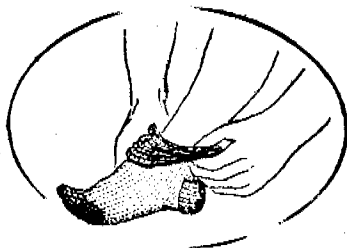
Keep your clothes neat and clean

The other things that you should keep neat and clean are clothes, socks and shoes. You should put on clean clothes—especially underclothes—after taking a bath. You should change your clothes at least once a week. Dirty clothes may cause skin disease. If your clothes get wet, you should take them off immediately and put on clean, dry ones. You should also learn how to put on your clothes properly. If the boys are wearing a gho, the lagey must be nicely folded. The backfolds of your gho should be at the same level.

Girls who wear a kira must be careful. The lower edge of your kira should not touch the ground, as it will get dirty and you may fall down if you step on it. If your kira is too big, fold it so that it fits your body. But make sure that the folds on your shoulder do not stick out but are folded in properly.



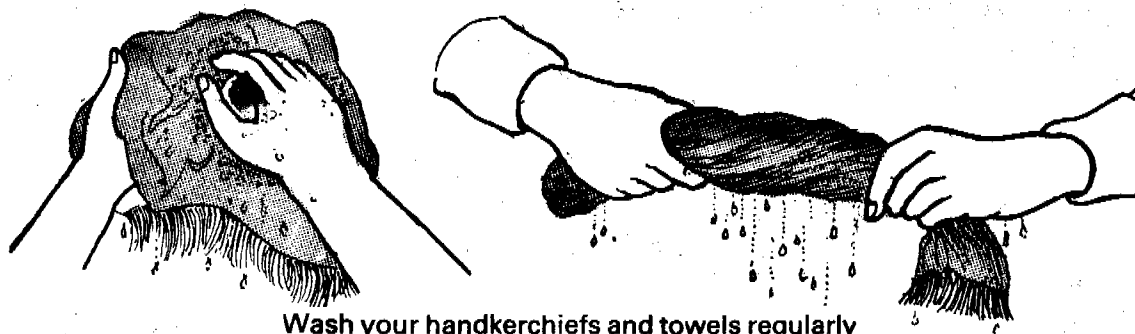
When you wear shoes and socks, you must make sure that both are clean. Dirty shoes and socks not only smell bad, but can also cause skin diseases on the feet.



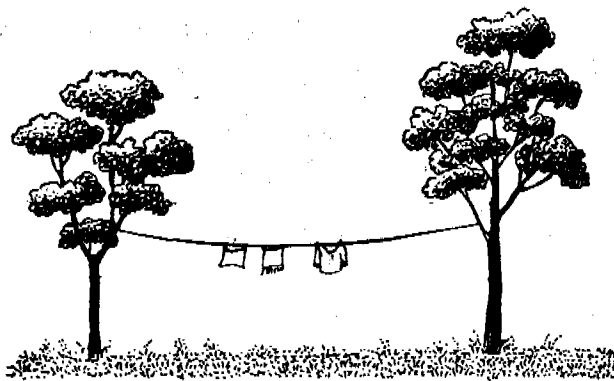
Use clean socks

Socks should be changed at least twice a week and leather shoes should be polished. Other types of shoes should be washed once a week. You should wash your feet at least twice a day, especially before going to bed. Remember to wash your ankles, and scrub the skin between your toes and the soles of your feet.

Use a handkerchief several times a day and use your towel at least twice a day. Keep your handkerchief and towel clean. Use handkerchiefs and towels to clean and dry your face and skin when you wash or bathe. Your handkerchiefs and towels will become dirty, but they should be kept clean by washing them often with soap.



Rinse and squeeze the washed towels and clothes until clean water drips out. Do not dry the clothes, towel or handkerchief on the ground as they will get dirty again.



You may have noticed that though some people put on new clothes a bad smell comes from their body when you stand near them. It is the dirt on their body that causes the bad smell. So, if you do not want your body to smell bad, and to have skin diseases, you must have a bath regularly. Use soap when you bathe because it removes all the dirt.

Exercises

Questions

- A.
1. Why is it good to practise personal hygiene and keep clean?
 2. Why should you keep your hands clean?
 3. What kind of water is clean?
 4. What should you do to keep your face clean?
 5. How should you take care of your hair?
 6. Why should you put on clean clothes after a bath?
 7. Why should you take off wet clothes?
 8. Why should you put on clean socks and shoes?
 9. How do you put on a gho and kira?
 10. Why should you keep your handkerchiefs and towels clean?
 11. Write down five personal health habits that you should practise daily.
- B. Copy these sentences in your exercise books and indicate whether they are true or false by writing T or F after them:
1. Uncut nails collect dirt.
 2. You do not have to wash your hands after playing marbles.
 3. You should wash your hands before eating food.
 4. Dry your hands with your clothes after washing.
 5. You should not wash your face in winter.
 6. You should use soap while washing your face.
 7. More dirt usually collects in your earfolds and around your neck.
 8. If you do not have your own towel, you may use your friend's towel to dry your face.
 9. If pus comes out of your ears, you should tell your parents or the teacher and go to the nearest BHU.
 10. You should rub your eyes with your fingers.
 11. You should wash your towels and handkerchiefs when they are dirty.
 12. Brushing your teeth is not important.
 13. You should use clean water for a wash.
 14. Sneezing and coughing openly are good habits.

C. You have three choices to complete each of the following statements.

Tick the correct one with a pencil.

- 1. After washing your hands, you can dry them with**
 - a) Lagey
 - b) Tego
 - c) Handkerchief
- 2. After taking a bath, you should put on**
 - a) Dirty clothes
 - b) Clean clothes
 - c) Wet clothes
- 3. You should change your clothes**
 - a) Once a month
 - b) Every day
 - c) When the clothes are dirty or at least once a week
- 4. When you have a running nose**
 - a) Blow your nose using a handkerchief
 - b) Keep the mucus in your nose by sniffing it in
 - c) Blow your nose anywhere.

Things to do

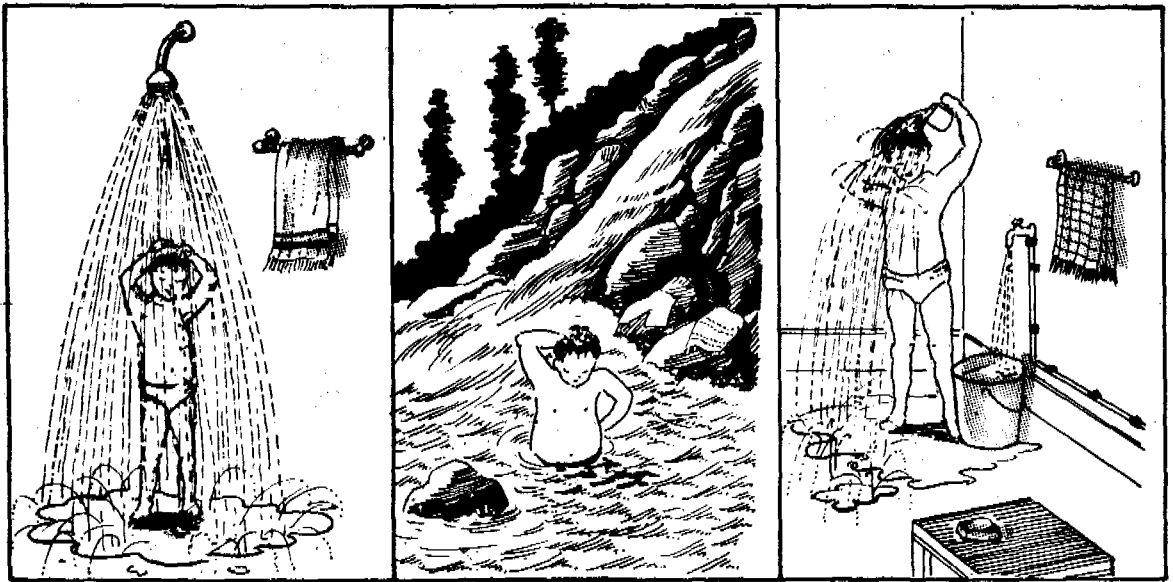
- 1. You will be taken outside the classroom with your teacher to the nearest source of water (such as a tap, well or stream). The teacher will show you how to wash your hands and feet using soap. Later you will do the same as your teacher has done. You should do this regularly.**
- 2. Practise washing your face, hands, feet, and cutting your nails in the way that your teacher has shown you.**
- 3. If you are able to, you can also practise the correct ways of washing handkerchiefs, towels and clothes.**
- 4. With the help of your teacher, practise how to blow your nose and clean your ears properly.**

CHAPTER 5

Having a Bath

Everybody likes to bathe. You wash the dirt off your body and you feel very fresh after a bath. At the same time, you get rid of harmful germs that may cause skin diseases. That is why you should learn how to have a bath properly. In summer, you bathe more often than in winter. In winter, the water is very cold and you use warm water for your bath.

Bathing habits in Bhutan vary from place to place and from season to season. The people who live in southern Bhutan bathe more often than those who live in the central and northern parts of Bhutan. This is because in southern Bhutan, the weather is much warmer than in the central and northern parts. When it is warm, you sweat a lot, and the body collects dirt easily. So, you need to have a bath every day.



Different ways of bathing

People bathe in different ways. Some bathe under a shower and those who live in the villages bathe in a spring or in a river. The people who use hot water to take a bath at home boil it on the stove but some make water hot by heating stones. They heat the stones first and then put them into the water in the wooden tub. The water in the tub is then used by the family to bathe with.

If you take a bath, you clean the dirt from your body, you also feel fresh. You should always remember the following points:

- 1) Use clean water, cold or warm.
- 2) Wet your body thoroughly.
- 3) Wash your face first, remembering to wash the folds of your ears and all around your neck.
- 4) Rub the dirty parts of your body, such as your feet and knees and rinse them.
- 5) Rub the soap over the whole of your body. Do not forget the places where dirt collects, such as between your fingers and toes, and around your ankles.
- 6) Wash the soap off your body.
- 7) Again rub every part of your body to make sure that all the dirt has been washed off.
- 8) Rinse with clean water once again.
- 9) Dry your body with a clean towel.
- 10) Put on clean clothes.

For the sake of your health, take these precautions:

- 1) Do not take a cold bath when you have a cough or cold.
- 2) After a bath use your own towel, not one belonging to your friend.
- 3) Do not expose your body after taking a bath, but put on some dry clothes.

Those of you who come from the villages may have seen or taken a bath in a wooden tub. Stones are heated in a fire until they are red-hot and then put into the water. It is called menchhu, which means medicine water. Often people are not very careful when they use this method. It is best to follow the rules given below.

- 1) Collect clean stones and put them in a clean place to heat them.
- 2) Wash the tub before putting water in it, and fill it with clean water.
- 3) Put heated stones into the water until the water is warm enough to take a bath.

- 4) Take out some of the warm water, and keep it for the final rinsing of your body.
- 5) Give the first turn to members of the family who do not have any skin disease.
- 6) Wash your feet before getting into the tub.
- 7) Rub your body with soap.
- 8) Use the clean water you have taken out before for the final rinsing of your body.
- 9) Dry your body with a clean towel. People who have a skin disease should use a separate towel.
- 10) Put on clean clothes.
- 11) As dirt and skin diseases can spread so easily, it is best to change the water after every person, or at least after every two persons have taken a bath, and to wash the tub before refilling it with clean water.
- 12) After the last turn, wash the tub with clean water and let it dry. Keep it out of the reach of animals and in a clean place.
- 13) Wash your hands after cleaning up and putting away the tub and the stones.



- 1) Do not use limestone (chiney do). The limestone water will burn your skin.
- 2) Do not put too many hot stones in the water or the water will become too hot and it will burn your skin.
- 3) Little children should stay away from the fire and the hot stones.
- 4) Use proper tongs to take the hot stones out of the fire and to put them into the water.
- 5) People suffering from skin diseases should take their bath at the end and use separate towels.

Now you have learnt how to take a bath properly. Taking a bath is a personal matter. You should decide when, where and how to take a bath. But you should always remember that bathing means washing off the dirt from your body. It is not intended only to make you feel fresh. So you should always follow the correct steps and then you will have a proper bath.

Exercises

Questions

- A. 1) What is the purpose of bathing?
2) What type of water do you use to bathe with in winter?
3) What are the different bathing habits in Bhutan?
4) What steps should you follow while taking a bath properly?
5) What are the precautions you have to take before and after a bath?
6) What are the rules to be followed while bathing in menchhu (medicine water)?
- B. Copy these sentences in your exercise book and fill in the blanks.
1) The bathing habits in Bhutan _____ from place to place.
2) Bathing removes _____ from your body.
3) If you do not take a bath regularly, you may suffer from _____ diseases.
4) Menchhu means _____
5) While bathing, you should rub your body with _____ to make yourself clean.
6) Use your _____ towel to dry your body after bathing.

Things to do

- 1) One of the students in your class will show the correct way to have a bath. You will watch him and later comment on whether he did it properly or not.
- 2) During the weekend, if the weather is good, prepare the wooden bath tub so that the family can bathe.
- 3) Draw a picture of a person taking a bath using clean water, and write the caption 'Take a bath properly' under your drawing.
- 4) Tell your parents that you now know how to bathe in the correct way.

CHAPTER 6

The Care of Your Teeth

All of you want to have good teeth because your teeth improve the appearance of your face. Do you have clean white teeth? Ask your friends if you are not sure. Teeth also help you to speak properly. It is difficult to pronounce words clearly without them. An old person who has no teeth at all cannot speak clearly.

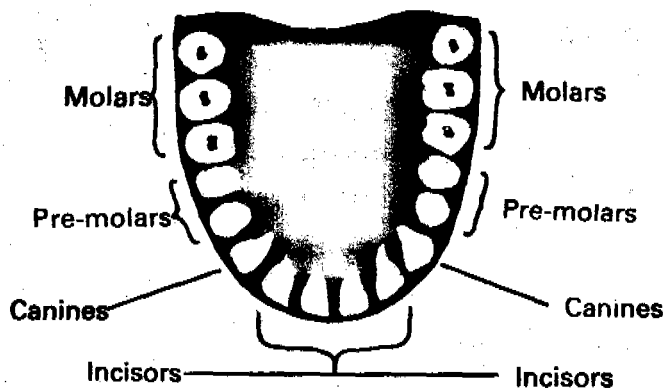
You need strong and healthy teeth to chew food properly because you cannot swallow solid food without chewing it first. Food that you eat should be broken down into small particles. When you chew food saliva flows into the mouth and helps to break down solid food into small particles. This also helps in the digestion of the food.

During a lifetime, a person has two sets of teeth. The first set consists of 20 milk teeth. Later, between the ages of six and ten the milk teeth are replaced by a second set of 32 teeth. These teeth are permanent.

Everyone has three kinds of teeth. In the front, you have four cutting teeth, or incisors, in each jaw. They have a sharp edge on them. They are used for biting and cutting. Show your teeth to your friends. Ask them to count the incisors in both your jaws. How many do you have?

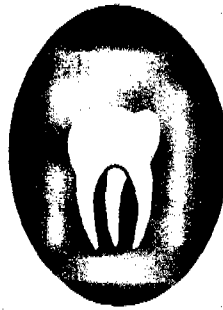
On each side of these cutting teeth, you have a pointed, tearing tooth. So you have two tearing teeth in each jaw, which are used for holding and tearing food. Sometimes these teeth are called canine teeth. Rub your canines. Do you notice the difference between your incisors and your canines?

In addition to the canine teeth there are five grinding teeth or molars. So you have ten grinding teeth in each jaw, which are used for breaking up your food. The molars are double teeth that have platforms on them.

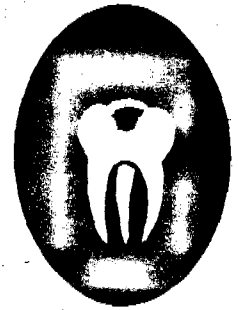


Ask your friend to count your molars. Do you have 20 molars? If you have less than 20 molars, you should not worry about it. The other molars will come out after some time.

You may have noticed that many people complain of toothache. This is because their teeth are decayed and have holes. Toothache is very painful. Let us find out why the teeth have decayed. You have two pictures of molars. One is a healthy molar, the other is a decayed molar. Study the picture.



A healthy molar



A decayed molar

The outer part of the tooth is called enamel. It is hard but it may decay if you do not take care of it. After each meal, food particles may remain in the cracks on the top of the teeth or between the teeth. This food decays and dissolves the enamel slowly and this is the beginning of tooth decay. At first there is a small hole but it grows bigger unless something is done to stop it. At this stage, a dentist can remove the decayed part of the tooth and fill in the hole. If this is not done immediately, the hole gets bigger, and when it gets deeper and reaches the nerves, you will feel pain.

Tooth decay also makes your breath smell bad. This is because the food that collects in the holes decays. If you have decayed teeth, others will be offended by the bad smell when you talk to them, but you yourself may not be aware of it. If you do not want your teeth to decay, or suffer from toothache and have a bad smell from your mouth, you should keep your teeth clean.

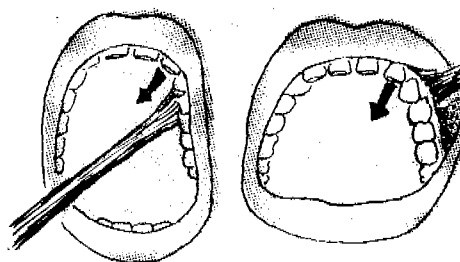
You may have seen people with dirty and yellow-brown or green teeth. The yellow or green coating is called tartar. When teeth are not properly cleaned, tartar is formed. Tartar gives a very bad appearance to the teeth and is also harmful because it causes painful gum diseases. If you have this gum disease, the tooth becomes loose, and it may have to be pulled out.

The prevention of tooth and gum diseases depends on how you care for your teeth daily, and on your eating habits. You should brush your teeth properly at least once in the morning and once at night before going to bed.

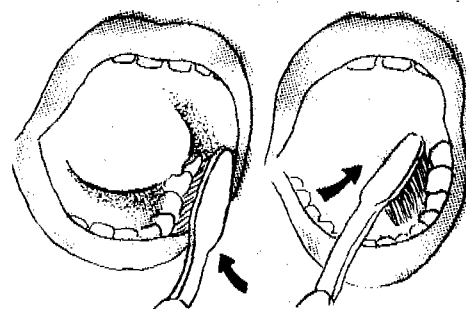
For dental health you should develop good food habits. You should not eat foods that are harmful to your teeth. Foods that are bad for your teeth are those that are sticky and contain a lot of sugar, such as sweets, cakes and biscuits. You should eat foods that are good for your teeth, such as coarse and fibrous fruit and vegetables. They have to be chewed hard, and this is good exercise for the jaw muscles. Some examples of such fruit and vegetables are pineapples, mangoes, apples and raw carrots. It is good to eat vegetables and fruit at the end of each meal because they clean up the food particles, especially foods that contain sugar which remains in the cracks on the top of molars or in between the teeth.

To keep your teeth healthy, you must brush them properly. You must remember that if you brush your teeth, the food particles that have got stuck there will be removed. To brush your teeth properly, you should follow the rules:

- 1) Wash out your mouth with clean water.
- 2) Brush the upper teeth from the gum downwards, and the lower teeth from the gum upwards. Brush both the outside and the inside of the teeth in this way. Make sure that no food particles remain in between the teeth.
- 3) Brush the biting surface of the teeth properly. Make sure that the biting surface of each tooth has been brushed thoroughly so that there are no food particles in the cracks on the top of molars.
- 4) Rinse the mouth with clean water at least four times to wash out all the food particles that have been cleaned off the teeth.



Upper teeth should be brushed from the gum downwards

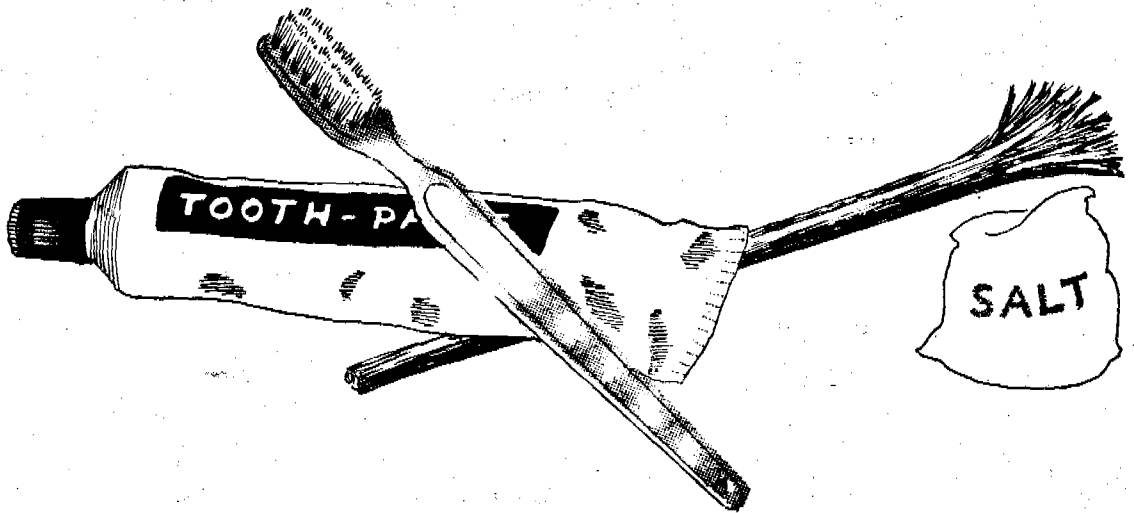


Lower teeth should be brushed from the gum upwards

It is always good to use a tooth-brush for cleaning your teeth. If you do not have one, you can make your own tooth-brush from the twigs of a nearby tree. Cut a 15-20 cm long twig: The twig must be cut and chewed at one end

to make a brush. Trees such as neem, kikar, peach, cherry provide twigs for making good brushes.

If you have tooth-paste, you can use it on the brush. If you do not have it, common salt may be used on the tooth-brush or stick instead of tooth-paste. However, do not use ash for tooth-paste as it will destroy the enamel of your teeth.



Exercises

Questions

- A.
1. What are teeth used for?
 2. (a) How many sets of teeth do we have in our lifetime?
(b) Name three different types of teeth.
(c) What are the functions of each?
 3. What is enamel? How does it get destroyed?
 4. How does a tooth decay?
 5. How do you prevent tooth decay?
 6. What kinds of food should you eat to keep your teeth healthy?
 7. What are the rules for brushing teeth properly?
 8. What can be used instead of a tooth-brush and tooth-paste?

B. Copy these sentences in your exercise book and indicate whether they are true or false by writing T or F against them.

- 1. The canines are cutting teeth.**
- 2. We have four canines.**
- 3. The molars are used for grinding food.**
- 4. We have eight molars in the upper jaw and twelve molars in the lower jaw.**
- 5. It is good to have tartar on your teeth.**
- 6. Saliva is used to water the food in the mouth.**
- 7. The twig must be cut neatly and chewed at one end to make a brush from its fibres.**
- 8. Food particles cause tooth decay.**
- 9. Tooth decay gives a bad smell.**
- 10. Soft foods are good for your teeth.**
- 11. Chewing sweets is not harmful for your teeth.**

Things to do

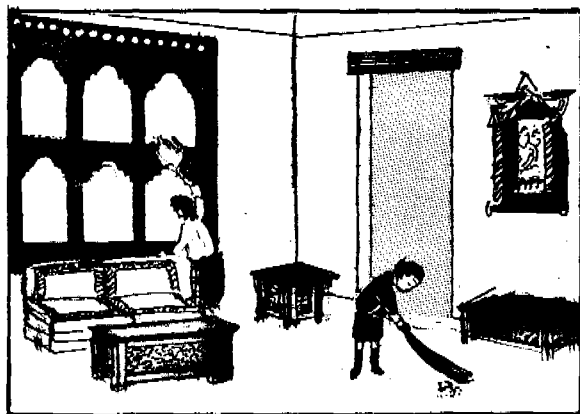
- 1. Make your own tooth-brush: cut a small twig from a tiny branch of a tree, such as neem, peach, or cherry. Chew one end of it to make a brush out of its fibres. You can use this as a brush if you do not have a tooth-brush. Do not use it again if it breaks.**
- 2. Show the class the proper way in which to brush your teeth after your teacher has shown it to you. Follow the rules given in this book. Check with your friends to find out if you have brushed your teeth properly.**
- 3. If you find that your friend has any decayed teeth, report it to the teacher, and then take him to the nearest BHU, or send him to the dentist.**

CHAPTER 7

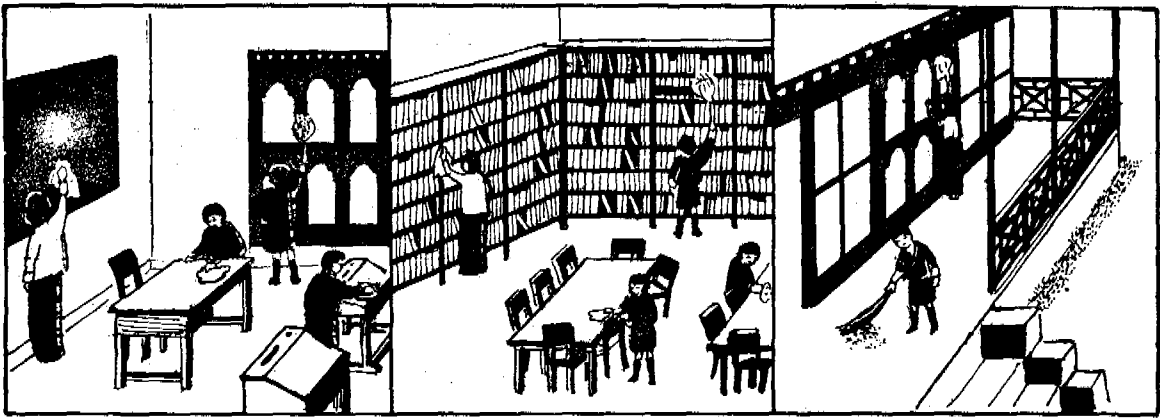
Cleanliness at Home and School

Now that you have learnt about personal hygiene and cleanliness you should also practise them in your daily life. You should use clean personal towels, handkerchiefs and clothes. You should also use clean blankets, quilts, mattresses, pillows and bedsheets and you should wash and dry them in the sun to make them clean.

But simply practising personal cleanliness is not enough. You must also keep your home and school surroundings neat and clean. The place where you live and sleep should be cleaned regularly. At home, you should keep the kitchen, bedrooms, prayer room, store room and dining room clean. You should also keep sties, cowsheds, kennels and chicken coops clean. You should cut down the bushes, pull up the weeds and sweep away the rubbish around your house. Dig a pit for garbage disposal and keep it covered and clean.



The school is the second place where you spend a lot of your time. In the school, you should clean the tables, chairs, benches, desks and blackboards. You should keep the classrooms, libraries, study rooms and latrines clean. They must be cleaned regularly. You must also keep the schoolyard, gardens, playgrounds and footpaths clean. Dig a pit for garbage disposal.



Keep your school clean

If you are in a hostel, you usually sleep on a cot. Your cot should be free from bedbugs and fleas because these insects bite you and suck your blood. You should wash the bed with hot water to prevent the bugs and fleas from coming to your bed. You can also use kerosene for washing the bed. If you do this at least once a week, you will notice that you are free from the bugs and fleas that bring about skin diseases and loss of blood. This will bring about an improvement in your life, for you will also be free from the bedbugs, fleas, flies and other insects that bring dirt into your food and cause diarrhoea and other stomach troubles.

Remember that flies and other insects usually breed in rubbish, and damp and dirty places. So you should always clean your surroundings properly. If you have domestic animals, the animal wastes should be removed and thrown regularly into the garbage pit. After one year, you can use it as manure for your garden.



Clean the sty and shed regularly.

You will feel much healthier and your life will become more enjoyable than it was before. Make your house and school beautiful to look at and enjoyable to stay in. You can grow a variety of flowers and vegetables in the yard.

Exercises

Questions

- A.**
1. What are the healthy habits that you practise in your daily life?
 2. How do you keep your house and school surroundings clean?
 3. Why should you keep your house and school clean?
 4. What should you do to keep your cot free from bedbugs and fleas?
 5. Name the places where these insects breed.
- B.** Copy these sentences in your exercise book and indicate whether they are true or false by writing T or F against them.
- (a) You need not put rubbish into garbage pits.
 - (b) Animal waste should be cleaned up regularly and thrown into a pit.
 - (c) You can use kerosene to prevent bedbugs and fleas from coming to your cot.
 - (d) Flies and other insects cause diarrhoea and other stomach troubles.

Things to do

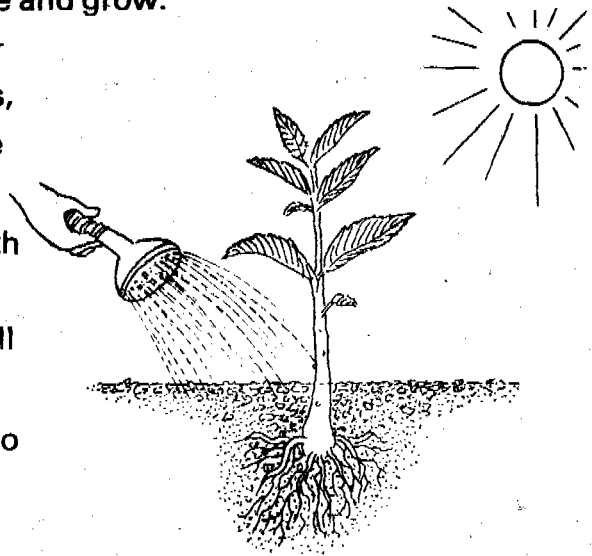
1. Divide the students in your class into six groups. Each group should be responsible for one school-day in a week to clean, sweep and dust the classroom and its verandah before study. Put the rubbish into a garbage pit. Decorate the classroom with pots of flowers.
2. Clean your own desk. Use a basket to collect wastepaper. Do not throw any rubbish on the floor in the school yard. You should put it in the basket. Every day, the rubbish should be dumped in the school garbage pits.
3. Organize activities so that the whole school is cleaned by all the students once a week. Take out your blankets, quilts, mattresses, pillows and dry them in the sun. Wash your cot properly. Do not forget to clean the inside as well as the outside of the school buildings.
4. Cut the pictures of clean houses from magazines, paste them on a chart and hang them on the wall of your class.
5. When you go home, you should also clean your house and its surroundings. Ask your brothers and sisters to help you. If you do it regularly, your parents will certainly be proud of you.

CHAPTER 8

Eat a Variety of Food

You have noticed that a seed grows into a seedling and the seedling grows into a big plant. A chick hatches from an egg and then becomes a hen. A baby is born from the mother and then becomes a child. The child grows into a man. All these living beings need food to live and grow.

A plant takes in food, such as water and salts from the soil through the roots, and this is carried by the stems to the leaves. The leaf is the food factory or kitchen of the plant preparing food with the help of sunlight and air. The food produced by the leaves is carried to all parts of the plant through the stems, and helps the growth of new buds. So the food is used for the growth and nutrition of the plant. The extra food that is not required for growth is stored in the roots, stems, fruit and seeds of the plant. This stored food is eaten by animals, including man.



Animals need food for growth. They need food that gives them energy for moving about and for other activities. They also need food to keep them in good health and to protect them from disease.

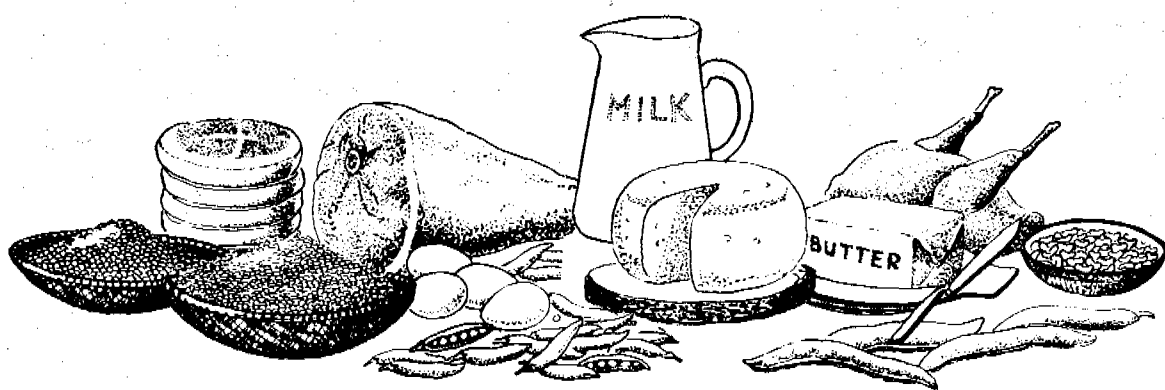
Animals such as cows, horses, goats, deer and sheep, eat grass and other plants. Some animals, such as frogs, dogs, cats, lions, tigers and leopards, eat the flesh of other animals. Bears eat both plants and other animals. You now know that one group of animals eats only plants, one group eats only flesh, and one group eats both plants and flesh.

Man, like the third group of animals, needs a variety of foods including plants and animals. You need food to grow, to build up your bodies, to give you energy to play and work, to protect you from diseases and to keep you in good health.

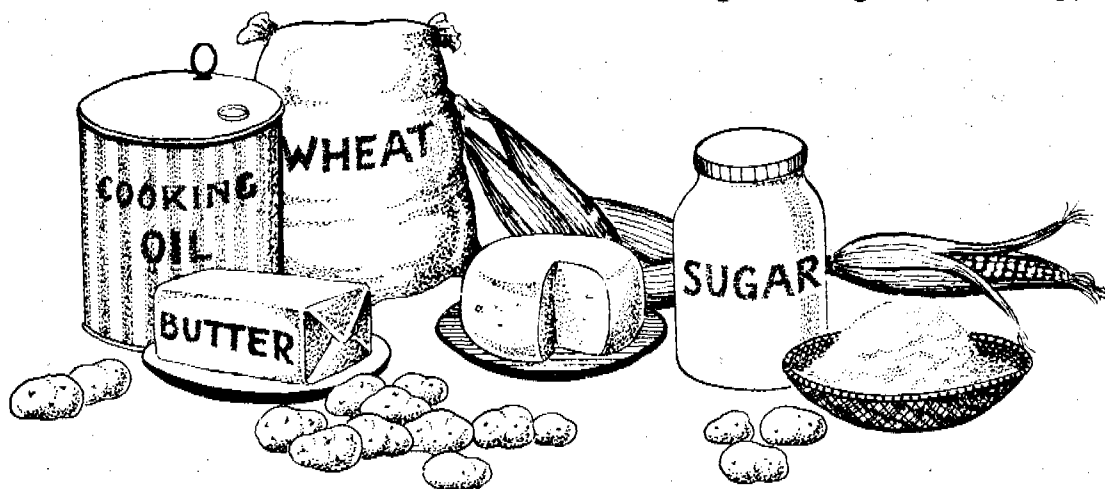
In Bhutan, you eat a variety of food. You eat rice, meat, vegetables, and fruit, drink milk and eat milk products such as cheese and butter.

The foods you eat contain properties that build up the body, give you energy and protect you from diseases. Some of these properties are found more in some foods than in others. Depending on the main properties contained in the food, you can divide them into groups, such as body-building food, energy-giving food and body-protecting food.

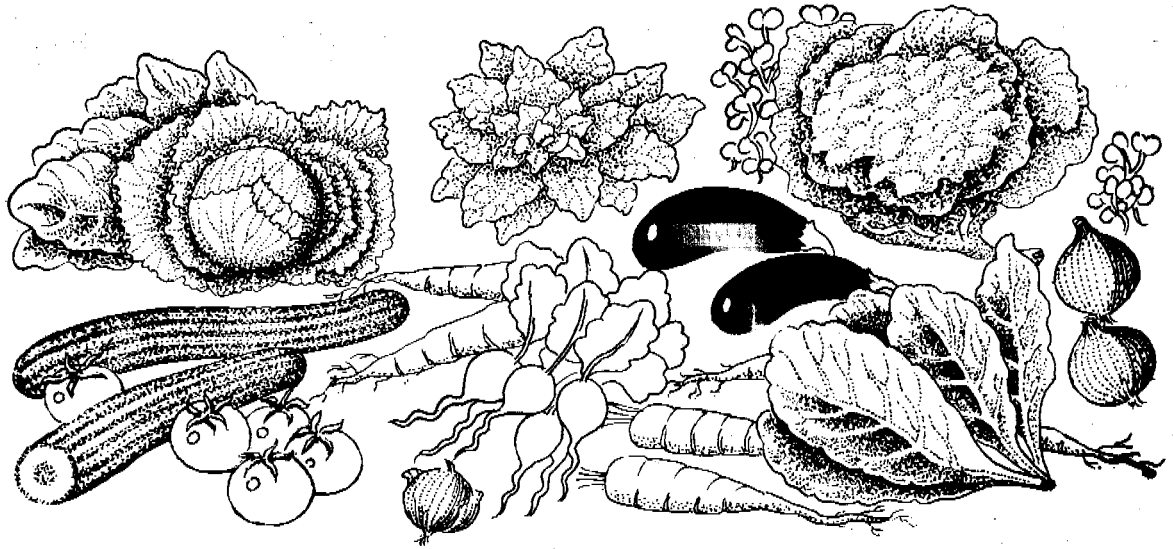
The body-building foods are beef, pork, chicken, eggs, milk, cheese, butter, peas, beans, nuts, pulses and grains.



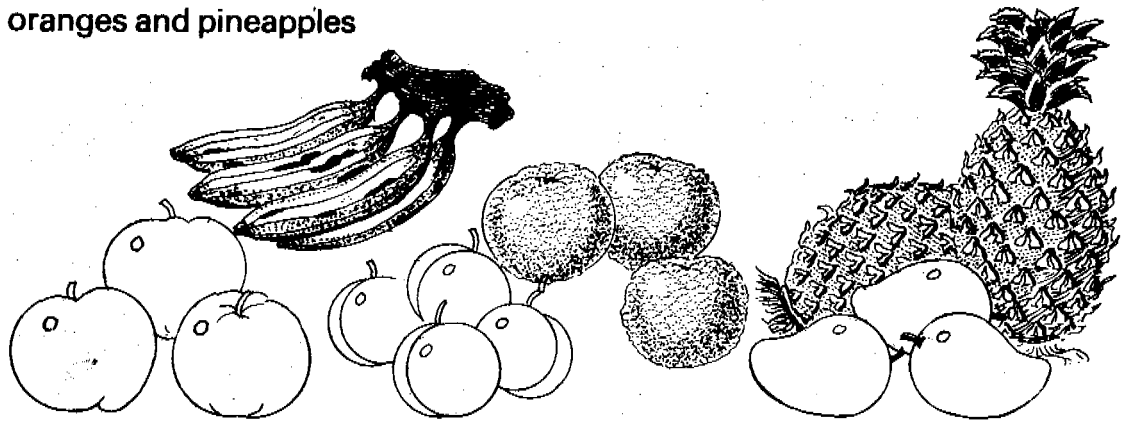
The energy-giving foods are rice, potatoes, wheat, maize and sugar. Some oily or fatty food such as cheese, butter and cooking oil also give you energy.



The protecting foods consist of vegetables and fruit. Some good vegetables are spinach, mustard leaves and all green leafy vegetables. Other kinds of vegetables such as radish, tomato, carrot, brinjal, cucumber, cauliflower and onion also give you protection.



Some of the fruit you should eat are apples, peaches, bananas, mangoes, oranges and pineapples



So you should eat a variety of foods daily that have body-building, energy-giving and protecting properties. You can prepare a simple meal that consists of rice to give you energy, meat to build your body and radish, onion, fruit and other vegetables to protect your body from disease. Your next meal may consist of rice, cheese, pumpkin, onion, fruit and other vegetables with butter tea. You can prepare the third meal as you like. But you should always remember that a meal must contain these three important kinds of food.

Study the Food Chart. It will help you to select foods for a balanced meal.

Food Chart			
<i>Properties of Foods</i>	<i>Type of Food</i>		
BODY-BUILDING (GROWTH FOOD)	BEEF PORK EGGS CHICKEN	MILK BUTTER CHEESE PULSES	PEAS NUTS GRAM BEANS
ENERGY-GIVING	RICE MAIZE WHEAT POTATO	SUGAR CHEESE BUTTER COOKED OIL	
PROTECTION	FERN ONION OKRA RADISH TURNIP CARROT TOMATO BRINJAL SPINACH PUMPKIN CUCUMBER CAULI FLOWER GREEN CHILLI MUSTARD LEAVES ALL LEAFY GREEN VEGETABLES	APPLE PEACH MANGO ORANGE BANANA PINEAPPLE	

EACH MEAL SHOULD CONTAIN AT LEAST ONE THING FROM EACH OF THESE GROUPS.

Exercises

Questions

1. **Why do animals need food?**
2. **Which animals eat only grass or plants?**
3. **Which animals eat only the flesh of other animals?**
4. **What do people in Bhutan eat?**
5. **Which parts of plants do we eat? Mention four of them.**
6. **Why should you eat a variety of food?**
7. **What are the three main properties of the various types of food?**
8. **Name two body-building foods.**
9. **Name two energy-giving foods.**
10. **Name two body-protecting foods.**

Things to do

1. **a) Make a list of the foods you should eat in a day.**
b) Draw them in your exercise book.
c) The teacher will show the work of each student to the class and then start a discussion with the students to see if everyone of the foods have all the necessary properties.
2. **Copy the Food Chart given in the book on a big sheet of chart paper and keep it displayed in your classroom.**
3. **Make models of different foods with clay or newspaper. Paint and display them in your class.**

CHAPTER 9

Play and Health

You may have noticed that everyone plays from time to time: babies, children and adults. They all play differently. But, as you all enjoy playing very much you might forget about doing other things. You should also work, study and take care of your health.

All the same, play and exercise are good for the growth of your muscles and the other organs of your body. But remember to be careful so that you do not have an accident.

Play also helps you in getting along with other people. By playing with others, you will learn to behave in a friendly way. All of you should follow the rules of the games you play, in order to make your games enjoyable and to learn how to be completely fair in your dealings with other people.

Girls play games such as hop scotch, skipping, rubber games, five-stones, seven-stones, badminton and volleyball. Boys play marbles, skipping, football, khur, archery, dego (throwing flat stones), jumping, run-and-catch, rolling, volleyball and badminton.

While you are playing, you should try and avoid accidents that might hurt you. Of the games girls play, games like rubber games, hop scotch and skipping are good for the leg muscles. But you should be careful in choosing the ground you play on. You should choose a flat, clean place that is free from sharp things such as pointed stones, broken glass, pins and nails.

Girls playing five-stones should not sit on the bare ground. Use something to sit on because sitting on the ground will make your clothes dirty and will cause itching.





You should be careful while playing dego, archery or khur. The stones that you use while playing dego may hurt you or your friends. Do not throw the stones very hard and watch the other people in front of you before you throw. At the same time, you should also be cautious and move aside when your friend is throwing stones. You must also be careful in playing khur and archery. These two games use arrows that have sharp, pointed tips. If you do not hold a bow-and-arrow properly, you may miss the target and hit your friends or people nearby. Watch the area around the target very carefully to make sure that no one is standing around the target.

If you play run-and-catch, jumping and rolling, you should choose a good place where everyone can play these games. For jumping games, do not choose a place that is too high and could be dangerous.

In run-and-catch games, if you are chased by your friend you should not stop very suddenly or pretend to fall. The chaser may crash into you and both of you may get hurt.

When you play marbles, you should not put the marbles in your mouth or ears. They are very dirty and you may swallow them by mistake.



Some other precautions must be followed to keep you healthy. You should always wash your hands, feet and face after playing. If your clothes get dirty, you should change into clean ones.

You need energy in order to play, so you should eat enough food to give you energy. You should also drink enough water to replace the water that you lose by sweating.



When you play, you also need a lot of fresh air to breathe. So playing outside the house is good, as it gives you fresh air and sunlight. Sunlight is good for your skin, it kills some germs and helps to make a vitamin that is needed to make your bones strong. Vitamins are things that are present in some foods. You must eat foods with vitamins in them for good health.

In winter, if it is very cold and windy you should avoid playing outside. Playing outside in bad weather is harmful for your health.

Your body also needs rest in order to grow properly. You should have enough rest and you should sleep at least eight to ten hours every day. You should go to bed early.

Exercises

Questions

- A.
- 1) What are play and physical exercise good for?
 - 2) What games do the boys and girls in Bhutan play?
 - 3) What sort of places should you choose for playing games?
 - 4) What should the girls do to prevent accidents while playing rubber games and five-stones?
 - 5) What should the boys do to prevent accidents while playing dego, khur, run-and-catch, and marbles?
 - 6) What should you do after playing? Why should you do this?
 - 7) Why is it good to play outside?
 - 8) What is a vitamin?
 - 9) Why do you need enough rest and sleep every day?
 - 10) How many hours should you sleep every day?
 - 11) What should you do to get enough sleep?
- B. Copy these sentences into your exercise book and underline the correct answer from the choices given under each statement.
- a) The girls play games such as
 - i) Khur
 - ii) Archery
 - iii) Skipping
 - b) In the run-and-catch games you should
 - i) Stop suddenly
 - ii) Keep on running
 - iii) Not stop suddenly
 - c) After playing games and when you are tired, you should
 - i) Take a rest
 - ii) Eat too much
 - iii) Keep on running
 - d) There is a kind of vitamin made with the help of
 - i) Sunlight
 - ii) Moonlight
 - iii) Rain

- e) Every day, children of your age should sleep at least
 - i) 10 to 15 hours
 - ii) 5 to 7 hours
 - iii) 8 to 10 hours

Things to do

1.
 - a) Divide your class into several groups with the help of your teacher.
 - b) When you have a break, go outside the classroom and play different games such as seven-stones, five-stones, run-and-catch, skipping, rubber games, khur and so on.
 - c) Play them properly for your safety and play them in a fair way.
 - d) Wash yourself before re-entering the class.
2. If you have a clock or watch in your home or school, write down your sleeping hours in your health history book every day as given in the chart below:

RECORD OF SLEEPING HOURS			
Date	Time of going to sleep	Time of waking up	Total hours of sleep

If you find that you are not able to sleep 8 to 10 hours daily, then you should go to sleep earlier than the night before.

CHAPTER 10

Avoiding Everyday Accidents

Every day there are many ways in which accidents can happen. You may be hurt when you use knives, pencils, pens, pins, stones, glasses, khurs and arrows, if you are not careful.

If you are badly hurt, you will be disabled. Then you will not be able to go to school or play games with your friends.

Accidents are usually caused by carelessness and can occur at any place and at any time. But accidents can often be prevented if you are careful and practise safety habits in your daily life.

In the playground

All of you enjoy playing in the playground but there are a lot of harmful things there, such as sharp stones, pins, broken glass, nails, sticks and thorny plants, and these may hurt you while you are playing. So you should first clear the ground by removing these harmful things before you start playing.



Clear the playground

There may also be ditches and holes in the ground. These should be covered with soil.

If the ground is slippery, you should not play there, as you may fall down and get hurt.

Your school may be built on a hill, and you may not have a big place to play in. Therefore, you should choose games that can be played within the space you have.

While playing games, you should follow the rules of the games. Play the games fairly, otherwise you will start fighting and get hurt.

Using ladders or stairs

In some schools, you may have to climb up and down ladders and stairs. Some schools have large, strong ladders, while some may have very narrow ones that are made out of a single piece of wood. The second type of ladder has a very small space to step on, and you may fall down. So, if you climb up and down this ladder, you should be very careful. You should always watch your step and you should remember to hold the railings.

Rushing up and down the ladders and stairs is very risky. Do not rush and push other people and do not jump from the ladders and stairs.

Girls may easily slip and fall if they step on the edge of their kira, so they should use one hand to hold up the kira when climbing up or coming down steps.

At home, you should teach your little brothers and sisters how to climb ladders and stairs safely. Show them how to step up and down and how to hold the railings carefully.

In the bathroom

In your house and hostel, you have bathrooms where you take a bath. You should be careful while you are in the bathroom, because the floor may be slippery, so you can fall down if you walk carelessly. Do not push others in the bathroom. Other washing-places are also usually very slippery. You should be careful while you are washing. The floor of the bathrooms and washing places can become green and very slippery if you do not clean it once a week. You can do this on Saturday afternoons or on Sundays.



Hold up your kira while climbing

On your way to school

Some of you may stay in school hostels and some may stay at home. The students who stay at home come to school every day. Some students may have to walk many kilometres every day.

Some stay in remote villages and walk to school along footpaths in the forests, or in the hills.

On your way to school you should be careful about accidents that may hurt you.

When you walk on footpaths in the forests, you must beware of snakes and other harmful animals. When you reach the road, do not run onto it. You must look out for the vehicles passing by. While walking on the road, you should walk along the side and not in the middle of the road. Do not block the road when you walk with your friends.

In Bhutan, roads are built along the slopes of hills and have many sharp turnings and dangerous, steep edges. While you are walking on the side of the road, you should also be careful not to get too near the edge. You may slip down the slope and roll into the valley.

At sharp turnings, you may not see or hear vehicles coming, so you should not walk carelessly around corners.

When crossing a road, you should look both ways and make sure that there are no vehicles coming, before crossing over. First look right, then left, then right again.

If you follow the rules of the road, you can avoid accidents.



Other things to watch out for

After school, your parents may ask you to help them with the cows, sheep or yaks. Sometimes, cows or other animals fall down from a hill and get killed. You may also fall down a hill while you are looking after cattle. So you should be careful not to walk along the edge of any rocks on the hill.

You should also be careful while walking on a sloping footpath. At your school or home, you should cut steps in the footpath. Put large flat stones there and do not use small round stones for the steps.

If your school, hostel, or your house has electricity, you should keep away from the plugs and wires. Do not put knives or sticks into the electrical socket.

You may get an electric shock and be very badly hurt. In winter, some of you may heat water with an immersion heater. You should not touch the water before you turn off the switch.



If you have a kerosene stove or lamp, you should fill it before you light it. At home, you should be careful when you use sharp instruments such as knives, scissors, blades, needles and pins, because these may hurt you. Do not play with them.

If you have any medicines, or kerosene, or other things that could harm your younger brothers and sisters if they play with them, put them away in a safe place. They must not be able to touch them, so put them up on a shelf, or in a cupboard that is out of their reach.

Exercises

Questions

1. What are the common causes of accident?
2. What are the harmful things that may cause accidents in the playground?
3. How should you prepare the ground for playing?
4. What type of ladder is the most dangerous for you and why?
5. What may cause you to slip in the bathroom and washing places?
6. How should you climb ladders and stairs?
7. What are some of the accidents that may happen while you are walking on a road?
8. How should you be careful while you are walking on a road, footpath and in the forest?
9. Why are sharp turnings very dangerous?
10. Why should you keep away from electrical wires and plugs?

Things to do

1. Clean your playground at school and fill any holes in its surface.
2. If the ladders or stairs of your school do not have railings, tell your teacher to report this to the school authorities so that they provide them.
3. In the hostel, clean your bathrooms and washing places every afternoon.
4. At home, if you have a bathroom and a washing place, clean them at least once a week.
5. Cut steps in the footpath around your house and school compound.
6. Put slogans and notices in your school compound to prevent accidents.
7. Why should you clean the hostel bathroom every day and the one at home once a week?

CHAPTER 11

Plants and Animals

Do you know that none of you can live without plants and animals? You depend upon each other. So you cannot live without each other. In general, plants and animals can be put into two groups—useful and dangerous.

You need food to eat to keep yourself alive. Plants and animals give you food to eat.

You know that plants give you food in different ways.

They give you seeds, fruits, flowers, leaves, stems and roots.

You have seen your parents use some of the plants as medicines. They make medicines from the leaves or stems or roots of the plants.

Animals also give us food. Cows and goats give us milk.

The plants and animals mentioned above are examples of useful plants and animals. You should grow useful plants. Water and manure them to make them grow well so that they can provide you with more food. You should also rear the more useful animals. Keep them in clean places away from your house, where they can get plenty of sunshine. Give them good food to eat so they grow healthy and provide you with better food.

There are some dangerous plants and animals around us. Some plants are very poisonous and they can even kill you. Some other plants are not so poisonous, but they may cause itching, swelling or vomiting. Thorny plants are also harmful. They may hurt you and make you sick if you are not careful.

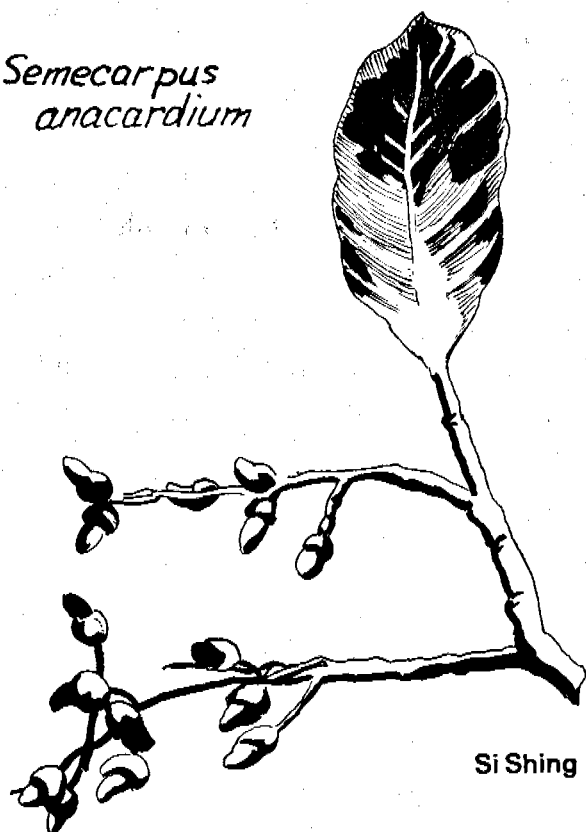
Harmful plants usually grow in the forest. But they may also grow by the side of the road and around your house and school. They can use trees, bushes, climbers or herbs. Try to get to know them, and always be careful to keep away from them.

*Aconitum
palpatium*



Chen dug

*Semecarpus
anacardium*



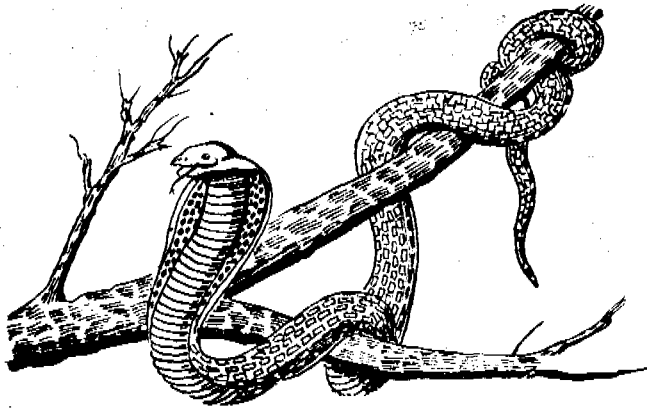
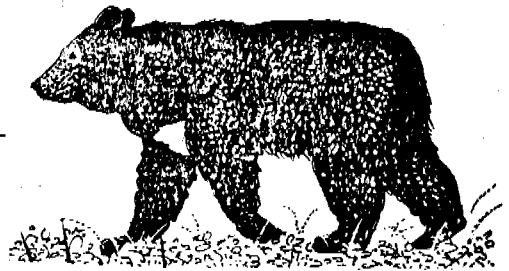
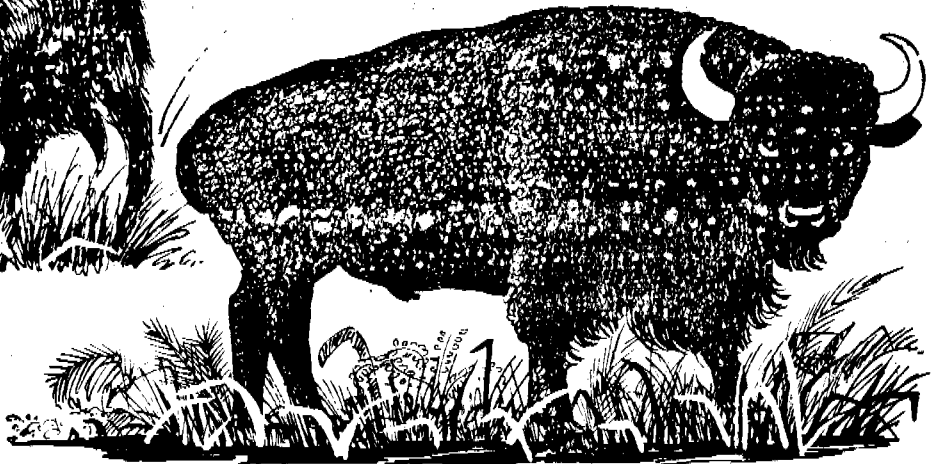
Datura metel



Some poisonous plants commonly found in Bhutan are si shing dug shing, chen dug, wild berries and datura. You should not touch the tree of si shing, because the sap from its trunks, branches and leaves causes severe itching and a rash may appear on your skin. Even the smell of the sap of dug shing may cause dizziness and this sometimes makes a person unconscious. You might have seen people taking thingey in their curries and pickles. But you should not take too much thingey because it may make breathing difficult. Chen dug is the most poisonous plant. People can die if they eat any part of this plant. You should not eat wild berries, for some of them are very poisonous. The seed and seed pod of the datura can also cause death.

In Bhutan, there are many kinds of mushrooms. Some mushrooms are poisonous and may kill you if you eat them. If you don't know about a mushroom, you should be careful not to eat it.

Some animals are very dangerous and may even kill people. Commonly found dangerous animals in Bhutan are snow leopards, bears, boar, bison cobras and other snakes, scorpions, centipedes, black spiders, poisonous caterpillars, leeches, bugs, lice, fleas, mites, mosquitoes, flies and cockroaches.

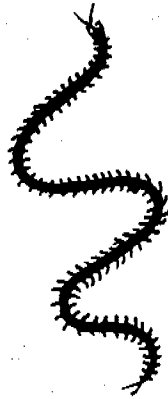


Animals, such as bison, boar, leopards and bears eat the flesh of other animals. Sometimes, they come to the villages in search of food and kill domestic animals such as cows, goats and pigs. They may also attack and kill people. Sometimes, you find bears in the fields and they can attack you with their long pointed claws.

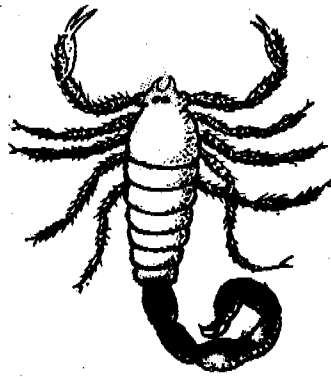
Snakes, scorpions, centipedes and black spiders are also poisonous. They can kill people with their bite because they put their poison into the body. Poisonous caterpillars have poison on their hairs and you can get itching and a rash even if you only touch them.



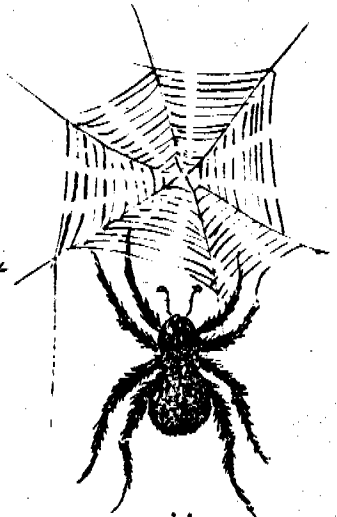
snake



centipede



scorpion



spider

Some insects, like leeches, bugs, lice, fleas and mosquitoes suck the blood of people. Some mosquitoes also spread diseases like malaria.

Flies, cockroaches and other crawling insects bring dirt on their legs from garbage and stools to your food. They cause diarrhoea and other stomach troubles.

Small, dangerous animals, such as scorpions, centipedes, black spiders, poisonous caterpillars and leeches, live in rubbish, drains and under logs and stones.



fly



cockroach

You should clean the surroundings of your house and school so that these animals do not have a place to live in. You can keep your surroundings clean by covering or burning rubbish, and you can dig a pit for the animal wastes some distance away from the house, and keep it covered. Drain any stagnant water. Keep your bed clean and tidy. Wash and comb your hair. You must practise healthy habits and cleanliness. The logs and big stones should also be removed from the house and school compound.

Exercises

Questions

1. Why are some plants and animals useful to you?
2. What parts of plants do you eat? Give examples.
3. What are the foods you get from animals?
4. Why are some plants harmful?
5. How are thorny plants harmful to us?
6. What poisonous plants are there? Why are they are harmful to us?
7. In what ways can animals be dangerous to you?
8. How are each of the following animals dangerous?
 - a) Bears
 - b) Snakes
 - c) Flies
 - d) Mosquitoes
 - e) Mites
9. How can you keep away from dangerous plants and animals?

Things to do

1. Ask your parents and teachers about the dangerous plants and animals found in your house or school surroundings.
2. Make a list of them in your exercise books under separate headings such as 'Dangerous animals' and 'Harmful plants'.
3. Make or collect pictures of each group and display them in your classroom.
4. Clean the surroundings of your house and school regularly. Use proper tools and always be careful while cleaning them.

The Student Club

Now you have finished your health study in Class Four. You have learned many things about yourselves and the world around you. You know that all of you are born as babies. Babies grow into children. Children grow into youths. Youths grow into adults. All of you are growing.

Children grow at different rates. Girls and boys grow at different rates. All of you want to grow steadily. In order to grow steadily you need good health, good food, physical exercise and enough rest.

At the same time, your knowledge and skills are also increasing. You learn many new things about yourselves and the world around you. You learn good and bad things. You learn to like and to dislike certain things. You learn to respect others. You also learn many skills that are needed in your daily lives.

You continue to learn until the end of your life. You learn through your sense organs, such as the eyes, ears, noses, tongues and skins, and other organs. Your sense organs are your 'windows to the world.' You see, hear, smell, taste and touch things through your sense organs, which later send the message to the brain.

Your sense organs do not work alone. They work together with other organs of the body, such as the nerves, the brain and muscles. If you are in good health, as you will learn later, all these organs will function properly and make your lives enjoyable. You should take care of your sense organs and other organs in order to keep them functioning normally.

In order to stay healthy and to prevent yourselves from getting diseases, you should practise healthy habits, eat good food, do some physical exercises, have enough rest or sleep and keep your surroundings clean.

You know that doing this is not easy but you should learn and try to practise these good habits. Sometimes you may have to change some poor habits that you have been practising for a long time.

You also want to know the effects of your new healthy habits right away, even though you cannot feel them at once. Some of the new healthy habits do give immediate results, but many healthy habits take a long time to give results.

Now you know that all the healthy habits lead to good results for everyone's health. So you should try to practise them regularly; later they will become a part of your daily life and you will feel their effects on your health.

You have learned how to keep yourself clean. You know how to wash and to take a bath properly, to take care of your teeth, your face, hands, feet, and your personal things, such as handkerchiefs, towels, socks and shoes. You also know how to keep your surroundings clean, including your house and school compound.

You have also learned about the many kinds of food that you can find in Bhutan. You know what different kinds of food do for you, and have learned to choose the right foods for your daily meal. A good variety of food will have all the necessary properties to build your body, give you energy and protect you.

You have also talked about play, physical exercises and how to be careful. You know about accidents that can happen when you play. So you have learned what you need to do in order to avoid all kinds of accidents.

Lastly, you learned that some animals and plants are useful, but some are dangerous. You eat animal flesh and the parts of plants. You also use some animals to carry things and you use some plants like trees, for building your houses. But some animals and plants are dangerous. Some dangerous animals may bite and kill you; some may sting and put poison into your body. They may even cause death. The harmful plants may have poison. Some may cause itching. Some may even cause death. You should be very careful when dealing with harmful animals and plants and as far as possible avoid them.

It is time for you to prepare yourselves to become the members of a Club and help the lower class students to practise healthy habits. Soon you will be in Class Five, the highest class in your Primary School. You know that the lower class students need your advice and help in order to practise healthy habits.

Why not organize a 'Student Club' in your school with all the students of Classes IV and V as members. The club can be organized in any way you like in order to carry out the health activities in the school. Your teachers may help you to organize this club.

Some ideas about what the club can do are given below.

- 1) To check and maintain the cleanliness of the school compound, classrooms, hostel building, dining room, kitchen, toilet and bathroom.
- 2) To check and maintain the personal cleanliness of all the students.
- 3) To make garbage pits and latrines, if the school does not have any.
- 4) To check whether any student is sick and if so, report it to the teacher.
- 5) To help the health personnel who visit the school to give immunizations and other school health services. Find out whether every student has received immunization and a health check-up.
- 6) To do community work by organizing a health campaign, health exhibition and health competition.
- 7) To maintain a proper health record of every student in all the classes by measuring the height and weight of the students.

Do your best to learn more about health as you grow, and you will begin to practise in your daily life what you have talked about and learned.

Some New Words

Appearance	What someone or something looks like: <i>She's ill—you can tell from her appearance</i>
Attractive	Nice, pleasing: <i>An attractive girl</i>
Bangchu	A container made of bamboo and cane: <i>Everyone should eat from his own bangchu</i>
Decay	Going bad: <i>If you do not clean your teeth, they will decay</i>
Digestion	The changing of food in the stomach or bowels so that it can be used in the body: <i>Chewing food properly helps digestion</i>
Earfold	Curved part of the ear: <i>Wash your earfolds carefully</i>
External	Of, on, or for the outside: <i>This medicine for insect bites is for external use only, so do not drink it</i>
Filter	Sand, paper, charcoal or cloth that holds back solids when you pour impure or dirty liquid through it: <i>You should filter your drinking water</i>
Function	The task of a person or thing: <i>The function of the heart is to send blood around the body</i>
Germ	Tiny, living organisms such as microbes or bacteria that can cause disease: <i>Germ often breed in dirty dishes</i>
Gho	Bhutanese men's clothing: <i>Keep your gho clean</i>
Kira	Bhutanese women's clothing: <i>Make sure your kira is tidy</i>
Khur	A game played with arrows: <i>You must play khur in an open area</i>
Immunize	To prevent a person or animal from ever getting a disease by giving a special medicine: <i>Smallpox vaccine immunizes you</i>
Internal	Of, on, or for the inside: <i>He had internal pain in his stomach</i>
Lagey	Cuff of Bhutanese shirt which is folded back over the outer garment: <i>The lagey must be nicely folded</i>
Latrine	Pit or trench for body wastes: <i>You must keep the school latrines clean</i>
Mucus	Slimy liquid produced within the skin that lines the nose, mouth and food canal: <i>When you cough, do not spit out the mucus on the street</i>
Nutrition	The science and process of eating the right thing in the right amounts: <i>Proper nutrition is very important for a growing child</i>