

1. When is International Yoga Day celebrated ?

- A. 5th June
- B. 21st June
- C. 2nd October
- D. 15th August

Answer: B

Explanation: The conversation clearly mentions that International Yoga Day is celebrated on 21st June.

2. Which activity helps to maintain a healthy body and mind?

- A. Watching TV
- B. Playing video games
- C. Doing yoga
- D. Sleeping late

Answer: C

Explanation: The lesson explains that yoga helps maintain a healthy body and mind.

3. Which of these is an asana mentioned in the lesson?

- A. Tadasana
- B. Pranamasana
- C. Bhujangasana
- D. Padmasana

Answer: B

Explanation: Pranamasana is listed among the asanas in the lesson.

4. Why was the child late to school ?

- A. He missed the bus
- B. He was sick
- C. He woke up late
- D. He was playing

Answer: C

Explanation: In the role play, the child says he woke up late.

5. What fruit is yellow, long, and eaten by monkeys?

- A. Mango
- B. Banana
- C. Papaya
- D. Pineapple

Answer: B

Explanation: The riddle describes a banana as yellow, long, and eaten by monkeys.

6. Which word rhymes with “clock” in the rhyme “Hickory Dickory Dock,” ?

- A. Mouse
- B. Cup
- C. Dock
- D. Town

Answer: C

Explanation: In the rhyme “Hickory Dickory Dock,” the word “dock” rhymes with “clock.”

7. What white drink is good for your health?

- A. Juice
- B. Water
- C. Milk
- D. Tea

Answer: C

Explanation: The “Who am I?” section describes milk as white and good for health.

8. At what time does Radha eat her breakfast ?

- A. 6:00 a.m.
- B. 6:15 a.m.
- C. 7:30 a.m.
- D. 8:30 a.m.

Answer: C

Explanation: The daily routine states that Radha eats her breakfast at 7:30 in the morning.

9. Who is Ranjan sir ?

- A. A doctor
- B. A school principal
- C. A yoga teacher
- D. A sports coach

Answer: C

Explanation: The listening passage introduces Ranjan sir as the yoga teacher.

10.. What did the hungry mouse eat in the basket ?

- A. Rice
- B. Bread
- C. Corn
- D. Wheat

Answer: C

Explanation: The mouse ate a lot of corn from the basket.

