



# छत्तीसगढ़ माध्यमिक शिक्षा मण्डल

## कक्षा 7 समाधान



CGBSE Book Solutions
(Hindi Medium)

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# CG Board Class 7th English Solutions

**Chapter - 3**
**Subject - English**
**Chapter name - Hand Care**

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**Page No:08, Chapter: 03, Chapter Name: Hand Care**

**Reading Comprehension**

**Page No. 08, Chapter: 03, Chapter Name: Hand Care**
**1. Write the sentence from the lesson that means "bad techniques of hand washing leads to infection".**
**Ans:** "Bad techniques of hand washing leads to infection." The sentence in the lesson that conveys the same idea is: "The results of a hand cleansing study established that in many cases, hand washing technique was inadequate."

**Page No. 08, Chapter No. 03, Chapter Name: Hand Care**
**2. Look at the first picture and name the areas most frequently missed while washing hands.**
**Ans:** The areas most frequently missed while washing hands are the back of the thumb, the nails, and the space between fingers. On the front part of the hand, some portions of the palm and wrist get missed while washing.

**Page No. 08, Chapter : 03, Chapter Name: Hand Care**
**3. There are six steps of hand washing in the advertisement. Which are the steps generally missed out by us?**
**Ans:** The steps of hand washing in the advertisement are:
(i) Thoroughly wet your hands with water and take a measure of cleanser.
(ii) Rub hands palm-to-palm.
(iii) Place the right hand over the back of the left hand, then switch and repeat.
(iv) Interlock fingers and rub palms together.
(v) Rotate the right hand around the left thumb, then switch hands and repeat.
(vi) Rotate the right hand around the wrist, then switch hands and repeat."

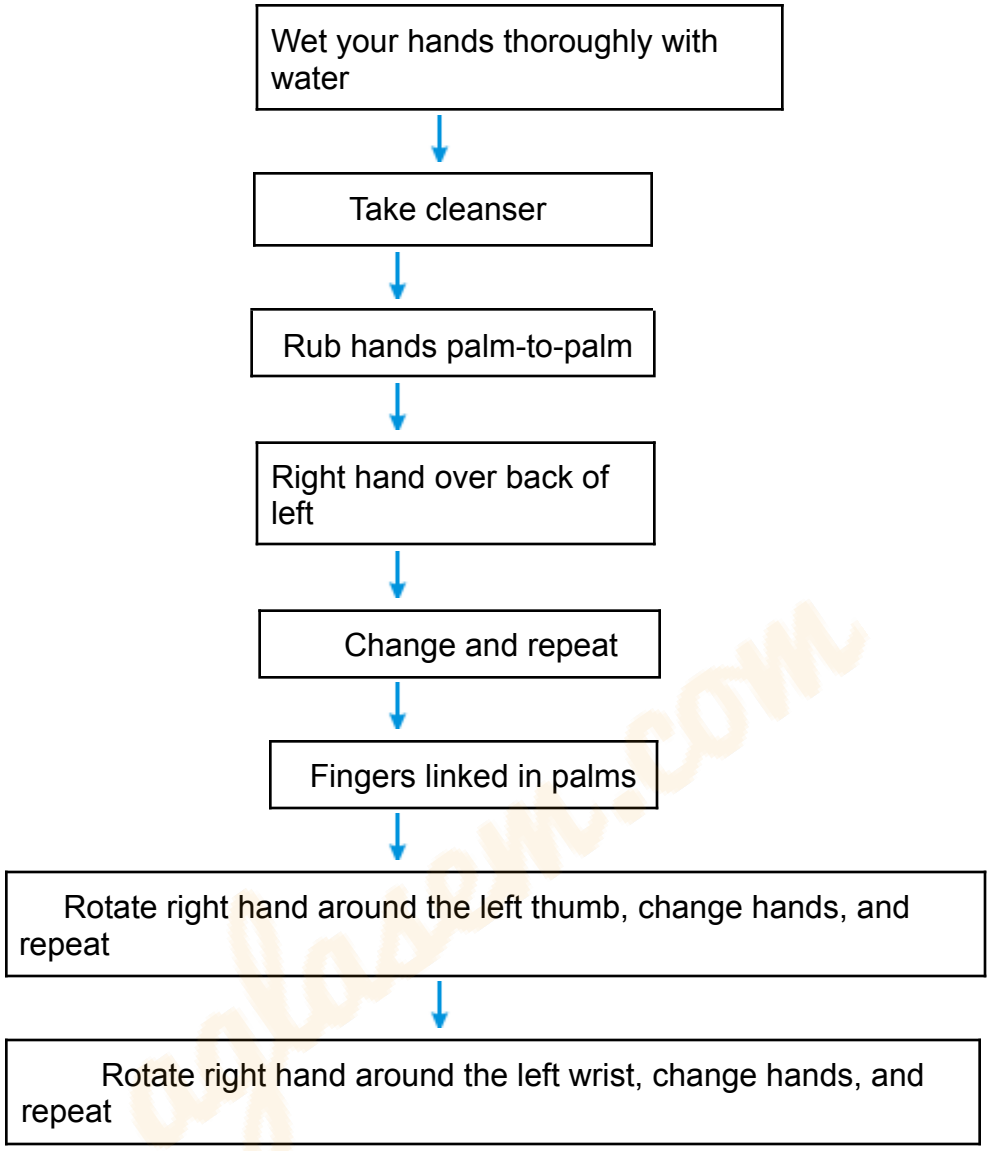
We generally miss steps (v) and (vi).

**Page No. 08, Chapter: 03, Chapter Name: Hand Care**
**4. Complete the flowchart:**

How to wash hands:

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**Page No. 09, Chapter No. 03, Chapter Name: Hand Care**

**Vocabulary**

**Insert a, e, i, o, u in the bubbles to make meaningful words and write their meanings in your mother tongue.**

cntrl _____ _____

rtt _____ _____

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| tchnqu | _____ | _____ |
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| ndqut | _____ | _____ |
| stblshd | _____ | _____ |
| thrghly | _____ | _____ |

**Ans:**

1. Control
2. Rotate
3. Technique
4. Cleansing
5. Inadequate
6. Established
7. Thoroughly

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