

Lesson -8: Keeping Healthy

Name: _____ Class: I Sec: _____ Roll.No. _____ Date: _____

I. Write 'good' or 'bad'.

1. Brushing teeth twice a day. (_____)
2. We should not wash hands before eating. (_____)
3. Taking bath every day. (_____)
4. Waking up early in the morning. (_____)
5. Going to bed late at night. (_____)

II. Write the names of the following products that you use to keep yourselves clean :

1. Soap:

2. Tooth paste

3. Tooth brush


4. Shampoo

5. Hair oil

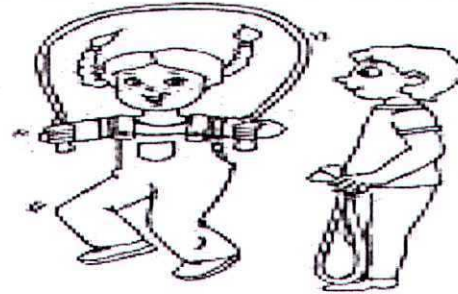
III. Tick (✓) the 'Right' activities and cross out (X) the 'Wrong' activities.



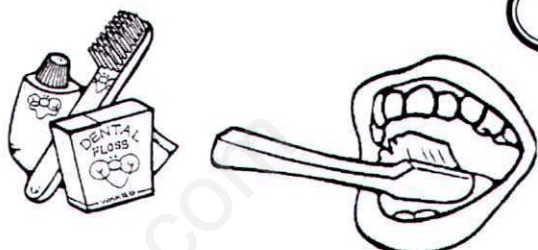
Taking bath every day



Eating with dirty hands.

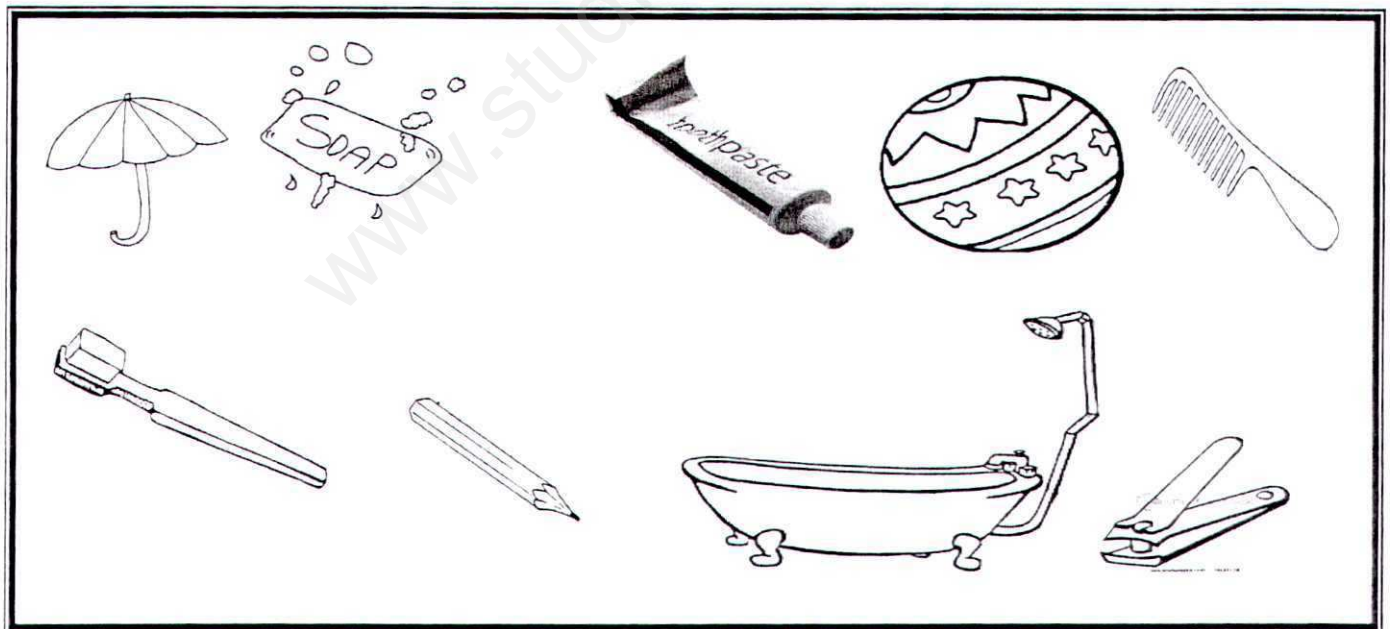


Do not exercise.



Brushing teeth twice a day.

IV. Colour the things that help you to keep clean and healthy.



Health is wealth. Good children exercise and take bath daily.

