

Class 1

Sub.- Evs

Cha. – 7. Good Habits

Section- A

A. Oral Questions

1. How should we keep our hands clean ?

Ans.- By washing our hands with soap .

2. How should we keep our feet clean ?

Ans. By washing it with soap.

B. Quiz

1. What should we use to clean our nose ?

Ans.- handkerchief.

2. How many times a day should we brush our teeth?

Ans . – two times in a day.

Test yourself

Tick the sentence that show good habits and cross the ones that do not

1. Wash our hands after playing with pets. (Yes)

2. Do not clean our nails. (No)

3. Wash your eyes with clean, cold water. (Yes)

Section B

A. Take the correct answers.

1. We should not touch our eyes with dirty hands

Ans . – (b) dirty

2. We should wash our mouth after eating.

Ans. – (b) wash

B . Fill in the blanks with the help of the given words.

1. We should wash our hand with soap after using the toilet.

2. We should oil our hair regularly.

3. We should wash our feet after playing .

C. Tick the correct action and cross the wrong ones.

1. We should cut our nails ourselves.(Yes)

2. We should clean our ears with a safety pin.(No)

3. We should oil our hair regularly.(Yes)

4. We should was our face once a month. (No)

D. Answer the following questions.

1. Why should we keep clean ?

Ans. - To stay healthy.

2. Why should we wash our hands before we have our meals?

Ans. - for avoiding germs and to be healthy.

3. Why should we rinse our mouth after eating?

Ans. - to keep our mouth clean.

Thank you.