



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2021 – 2022)

LESSON: KEEPING CLEAN AND HEALTHY

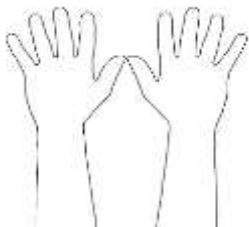
WORKSHEET - 1

RESOURCE PERSON – MS TRESA KUMAR

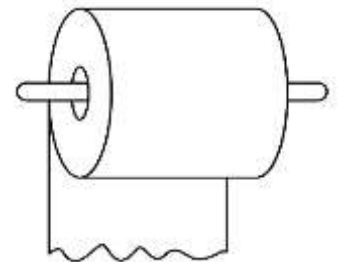
NAME: \_\_\_\_\_ CLASS: I SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

**Look at the pictures and colour the things that help us to keep ourselves clean.**

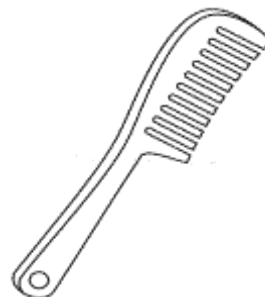
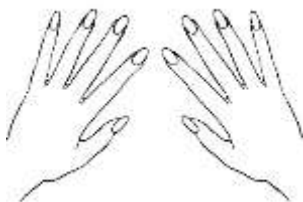
hands



hair



nails



teeth





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LESSON: KEEPING CLEAN AND HEALTHY

WORKSHEET - 2

RESOURCE PERSON – MS TRESA KUMAR

NAME: \_\_\_\_\_ CLASS: I SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

Search the names of things in the grid that help us to be clean.

N	A	I	L	C	U	T	T	E	R
Z	T	O	W	E	L	M	Y	Q	Z
Y	S	C	A	Z	X	Y	Q	A	X
T	O	O	T	H	B	R	U	S	H
Q	A	M	E	X	Y	M	Z	O	B
L	P	B	R	T	R	O	M	N	E
T	O	O	T	H	P	A	S	T	E

## WORD SEARCH

SOAP

TOOTH BRUSH

NAIL CUTTER

TOWEL

COMB

TOOTHPASTE

II) Write good or bad for the habits mentioned in the following statements.

1. Brushing teeth twice a day. ( \_\_\_\_\_ )
2. We should not wash hands before eating. ( \_\_\_\_\_ )
3. Taking a bath every day. ( \_\_\_\_\_ )
4. Waking up early in the morning. ( \_\_\_\_\_ )
5. Going to bed late at night. ( \_\_\_\_\_ )
6. Sara drinks plenty of water. ( \_\_\_\_\_ )

III) Write whether true (T) or false (F).

1. We must throw waste in our surrounding. (    )
2. We must keep our nails short and clean. (    )
3. We must eat junk food such as pizzas and burgers every day. (    )
4. We should exercise and do yoga. (    )
5. Germs make us sick. (    )
6. We must play outdoor games in the park or playground. (    )