

Balika Vidyapith Lakhisarai (811311)
CLASS - 1 *SUBJECT - EVS*

Based On NCERT

Date - 09/07/2020

Chapter - 5(Revise)

** OUR FOOD **

GOOD FOOD HABITS (Write And Remember)

- *Wash your hands properly before and after every meal .*
- *Take your meals at right time .*
- *Eat only fresh , clean and well cooked food .*
- *Eat slowly and chew your food well .*
- *Eat sufficient green vegetables .*

Jyoti