

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 1**

**SUBJECT - EVS**

**Date - 24/06/2020**

**Chapter -3(Revise)**

**\* CARING OUR BODY \***

- ***We follow good habits to keep ourselves healthy .***
- ***Write and remember .***



***I wear clean clothes to protect my body from heat and cold .***



***I wear shoes or slippers to keep my feet safe .***



***I wash my hands before and after every meal .***



***I eat meals at proper times .***



***I always drink plenty of clean water .***

***Do CW in HW  
To remember CW  
Send in audio .***

**\*\*\*\*\***

***Jyoti***

