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CLASS - I. SUBJECT - EVS

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Chapter -3

****caring our body****

To keep our body fit and healthy . We take care of our body . We follow good habits to keep ourselves healthy .



I get up early in the morning everyday .



I brush my teeth in the morning and at night .



I do exercise every morning .



I take a bath daily to keep my body clean .



I wash my hair with soap or shampoo. I oil and comb it doing so the hair will be black , healthy and long .



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



I trim my nails once in a week .



I wash my hands before and after every meal .

1. Fill in the blanks with correct word .

(a) We must Our teeth every morning and at night . (brush / clean)

(b) We must our hair . (comb / brush)

(c) We must wash our hands before and after every (meal / bath)

(d) we must trim our once in a week . (nail / bear)

(e) We must drink Water . (clean / dirty)

(Jyoti)