

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - I**

**SUBJECT - EVS**

**DATE - 27/05/2020**

**\*CARING OUR BODY\***

❖ **Early to bed and early to rise makes a man healthy , wealthy and wise .**

❖ **POINTS TO REMEMBER .**

- **We should take bath daily to keep our body clean .**
- **We must exercise daily to remain fit and healthy .**
- **We should our meal at proper time .**
- **I wash my hands with a soap .**
- **We must comb our hair daily .**
- **We must brush our teeth twice daily .**
- **We must wash our hands before and after meal .**
- **We must drink plenty of water .**

**1. Answer the following questions .**

**(I) What do you do with a brush ?**

**(II) What do you do with a comb ?**

**(III) What do you do with a soap ?**

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

**(Jyoti)**