

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 1**

**SUBJECT - EVS**

**Date - 27/06/2020**

**Chapter -3(Revise)**

**\* CARING OUR BODY \***

● ***Points to write and remember .***

- ***We should take bath daily to keep our body clean .***
- ***We must exercise daily to remain fit and healthy .***
- ***We should take our meals at proper time .***
- ***We must brush our teeth twice daily .***
- ***We must drink plenty of water .***
- ***we must wash our hands before and after meal .***

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

***Jyoti***

