

Balika Vidyapith Lakhisarai (811311)

CLASS - 1

SUBJECT - EVS

Date - 23/06/2020

Chapter -3(Revise)

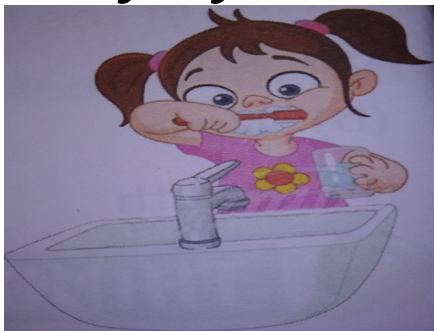
*** CARING OUR BODY ***

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

(Write And Remember)



***I get up early in the morning
everyday .***



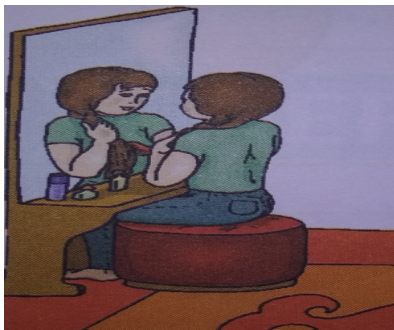
***I brush my teeth in the
morning and at night .***



I do exercise every morning .



***I take a bath daily to keep my
body clean .***



***I wash my hair with soap or
shampoo . Oil and come it . Doing so the hair
will be back , healthy and long .***

Jyoti