

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1

SUBJECT-E.V.S

DATE-22-09-2021

BY-KIRTI KUMARI

BASED ON NCERT PATTERN

REVISION

Chapter-3, Healthy and Clean

Workout

A. Write T for true and F for false.

- . It is not important to bathe daily. F
- We should wash our hands before and after eating food. T
- We should brush our teeth twice a week. F
- We should comb our hair neatly. T

C . Choose the correct word from the box and fill in the blanks.

Clean, exercise, sleep, twice, energy

1. We must keep our body clean.
2. We should sleep on time to give rest of our body.
3. We should exercise daily to stay fit.
4. We should eat food that gives us energy.
5. We should brush our teeth twice daily.

Homework-Write and Remember it.

