

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1

SUBJECT-ENVIRONMENTAL STUDIES

DATE-08-05-2021

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BASED ON NCERT PATTERN

CHAPTER-3, Healthy and Clean

Healthy Habbits

- **Each food that gives us energy and keeps our body fit.**
- **Always drink clean water.**
- **Exercise regularly to stay fit and healthy.**
- **Sleep on time and wake up early.**
- **Breathe in fresh air.**

Stay clean

- **Bathe daily.**
- **Brush our teeth twice daily.**
- **Trim our nails regularly.**
- **Comb our hair neatly.**
- **Wash our hands before and after eating food.**

Homework-Write it clearly in your notebook and learn it.