

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1 SUBJECT-ENVIRONMENTAL STUDIES

DATE-10-05-2021

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BASED ON NCERT PATTERN

CHAPTER-3 , HEALTHY AND CLEAN

A. Write T for true and F for false.

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

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

- 1. We must keep our body clean.**
- 2. We should sleep on time to give rest to 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 it clearly in your notebook and remember it.