

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1

SUBJECT-E.V.S

DATE-14-04-2021

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BASED ON NCERT PATTERN

Chapter-3, Caring our body

- **Points to Remember**

- 1. We should take bath daily to keep our body clean.**
- 2. We must exercise daily to remain fit and healthy.**
- 3. We should take our meal at proper time.**
- 4. We must brush our teeth twice daily.**
- 5. We must drink plenty of water.**
- 6. We must wash our hands before and after meal.**
- 7. We must cover our mouth and nose with a handkerchief when we cough or sneeze.**
- 8. We must trim our nails once in a week.**
- 9. We must wash my hands , mouth and legs after coming back from play.**
- 10. Early to bed and early to rise makes a man healthy, wealthy and wise.**