

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1 SUBJECT-ENVIRONMENTAL STUDIES

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BASED ON NCERT PATTERN

Chapter:-03, Healthy and clean

Workout

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 out 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 to our body.
3. We must 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.

Follow these good habits to stay clean.

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