

Balika Vidyapith Lakhisarai (811311)

CLASS - 2

SUBJECT - EVS

Based on Ncert

Date - 02/08/2020

Chapter - 7

*** HEALTHY HABITS ***

Keeping The Body Clean

We should keep our body clean to remain healthy .

- 1. We should wash our eyes and face with fresh water as we get up from the bed .**
- 2. we should wash our hands with soap or handwash after coming out from the toilet .**
- 3. We should brush our teeth twice a day .**
- 4. We should take a bath daily .**
- 5. We soon oil and com our hair everyday .**
- 6. we should clean our ears everyday with a soft cloth or ear bud .**
- 7. We should keep our nails clean and trim with a nail cutter once a week .**

Home Work

Do it in copy (Remember)

Jyoti

