

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 2**

**SUBJECT - EVS**

**Based on Ncert**

**Date - 03/08/2020**

**Chapter - 7**

**\* HEALTHY HABITS \***

**Points to write and remember .**

- **To stay healthy we must follow good habits .**
- **Posture is a way in which we stand , walk or sleep .**
- **We should follow good food habits .**
- **It is important to follow good habits at home .**
- **We should follow good habits to keep our body clean .**

**Home Work**

**Do it in copy**

**\*\*\*\*\***

**Jyoti**

