

Balika Vidyapith Lakhisarai (811311)

CLASS - 2

SUBJECT - EVS

Based on Ncert

Date - 30/07/2020

Chapter - 7

*** HEALTHY HABITS ***

Healthy Food Habits

- ***we should never buy food from Street vendors . These food items have dust and flies sit on them . They carry germs that will make us sick .***



- ***We must eat food at a clean place and from well washed , neat and clean utensils .***
- ***We should wash our hands before and after meal . Dirty hands carry germs which can make us ill .***

- **We should eat place and healthy food. We should avoid junk food is bad for health . We should not eat it.**
- **We must brush our teeth after eating . This helps to remove the bits of food that stick to the teeth . Avoiding this our teeth will decay .**

Don't write only read it

1. Answer these questions :

(a) Why should we not buy food from Street - vendors ?

Answer = We sun never buy food from Street vendors . These food items have dust and flies sit on them . They carry germs that will make us sick .

(b) Why should we brush after meal ?

Answer = We must brush our teeth after eating. This helps to remove the bits of of food that stick to the teeth .

**Home Work
Do it in copy**

Jyoti

