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CLASS- 5 SUBJECT- EVS

Based On NCERT

Date - 11/02/2021

Chapter - 12

Health And Hygiene

1. Points to write and remember.

- **We should adopt healthy habits of personal hygiene .**
- **Regular exercise and rest keep our body healthy and fit.**
- **Cleanliness prevents diseases and related sickness.**
- **Communicable diseases can spread through contaminated air, food and insects.**
- **Non - biodegradable waste cannot be broken down by microorganisms and is an environmental hazard.**

Jyoti