

Date- 2/06/2020

Class- Ukg

Subject- Evs

Healthy Food Habits

Golden rules of healthy food habits

Rule number 1 :

→ Always eat fresh food that has been kept covered .

Rule number 2 :

→ Wash your hands thoroughly before and after your meals .

Rule number 3 :

→ Do not eat too many sweets or fried food .

Rule number 4 :

→ Eat your food in small portions . Do not waste your food .

Rule number 5 :

→ we must eat fresh , clean food .

Rule number 6 :

→ fresh fruits must be washed before eating .

Rule number 7 :

→ Drink clean , pure , filtered or boiled water.

Rule number 8 :

→ Eat out of clean plates . Drink only from clean glass.

Date- 2/06/2020

Class- Ukg

Subject- English

Use of A , An

"a" is used before words starting in Consonant sounds .

For example:

1. A boy

2. A cow
3. A zoo
4. A chair
5. A car

" an " is used before words starting with Vowel sounds.

For example:

1. An apple
2. An elephant
3. An ink bottle
4. An ice cream
5. An umbrella

Reading skill

This is an apple .

This is an orange .

This is an ice cream .

This is an elephant .

This is an umbrella .

This is a book .

This is a car .

This is a dog .

This is a fish .

This is a rabbit .

