

# 1. Health

## 1.1 My Daily Routine



**Wake up before sunrise**



**Morning Processes**



**Brush my teeth**



**Take a bath**



**Comb my hair**



**Have my food**



**Wear clean clothes**



**Go to School**



**Study**



**Play Games on the playground**



**Help with household work**



**Sleep**



## 1.2 Cleanliness of hands

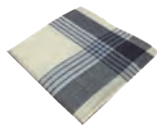


### My Activity

Use the following objects appropriately



**Soap**



**Handkerchief**



**Wash Basin**



**Hand Wash  
Liquid Soap**

- ◆ Ask the children to observe the pictures carefully and conduct a discussion. Through the discussion, tell the children about the healthy habits and their importance. Tell them about the importance of keeping your hands clean. Also (discuss about) the importance of washing hands before and after food as well as after visiting the toilet.

## 1.3 My Diet

**Fruits**



**Vegetables**



**Dal and Rice**



**Wheat/Jowar Chapati**



**Sprout Curry**



**Milk**



**Salad**



**Water**

### Avoid Drinking Regularly



**Tea**



**Coffee**



**Cold Drinks**

### Avoid Eating Regularly



**Vada Pav**



**Burger**



**Pizza**

- ◆ Tell the children about the importance of developing the habit of finishing everything that is served in the plate. Tell them about the importance of vegetables in their regular diet. Advise them to eat a variety of fruits and drink plenty of water. Also tell them to wash their hands and gargle their mouth thoroughly before and after meals.

## 1.4 Stop the Bad Habit

Let us avoid overuse of -



Mobile



Television



Video Games

## 1.5 First Aid



First Aid Box



Sticking Tape



Gauze Roll



Cotton



Iodine



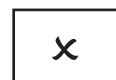
Bandaids



Ointment

## My Activity

Read and use the appropriate sign



I finish everything served in my plate regularly.

☐

I always play Mobile games at home.

☐

I don't eat all types of Vegetables.

☐

I always watch television at home.

☐

I exercise regularly.

☐

I drink plenty of water regularly.

☐

- ◆ Instruct the children to avoid the overuse of gadgets like television, computer, mobile, video games etc. as they have bad effect on their eyes. Explain to them about how it is a waste of time. Do not watch TV from short distance.
- ◆ Give children the information about a First Aid Box. After completing 'My Activity' give them the required advice with proper suggestions.



## 1.6 Cleanliness



**My school surrounding**



**My house surrounding**



**Cleanliness of Toilets**



**Cleanliness of hands**



**Garbage bin**

- ◆ Inspire the children about the cleanliness of the home and school surrounding. Collect waste separately.
- ◆ Children should be instructed about visiting the toilet frequently and using water while flushing toilet. Tell them to clean their private parts and hands thoroughly. Explain the importance of personal hygiene.
- ◆ Instruct them to cut your nails and hair regularly. And also about keeping their skin, nose and eyes clean.

## 1.7 Body Parts

Can you guess the body parts that are used while performing the following activities



**Throw**



**Pick the things from the table**



**Walking**



**Pickup things from the ground**

- ◆ Discuss about the movement of different body parts while performing different actions. While doing the activity or movements, get the children to experience the movement in the joints & muscles.
- ◆ Name different body parts and ask children to tell the different actions performed by those body parts.

