



Good habits

A. Look and say.



a



b



c



d

B. Read and colour.



clothes



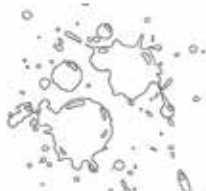
playing



shoes



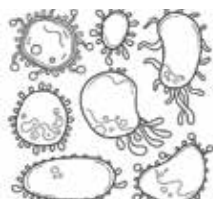
fingernails



dirt



washing hands



germs



soap



eyes

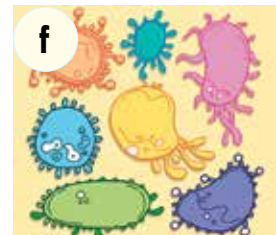
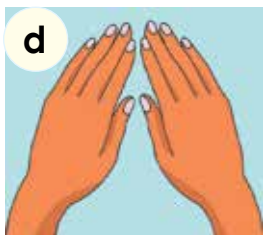
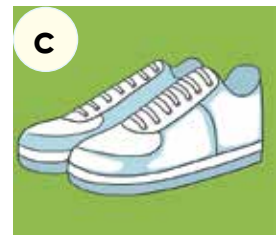
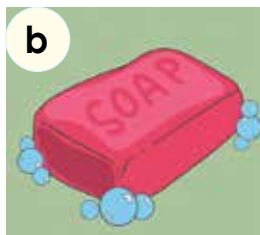
C. Read the text.

Little boy Nusair loves to play with his friends. He enjoys playing in the field. Sometimes, he comes back home with dirty clothes and shoes.

Nusair's mother is Jesmin Akter. One day she notices some dirt under Nusair's fingernails. She tells him, "There are germs in the dirt. Don't touch your mouth, nose or eyes with dirty hands. Dirt can make you sick. So, wash your hands properly to clean the germs."

Nusair does not know how to wash his hands properly. His mother shows him how to clean hands with soap and water. She then tells Nusair, "Always wash your hands before eating and after playing." From that day Nusair never forgets to wash his hands regularly. This good habit makes him healthy.









D. Write the word under each picture.



E. Circle True or False for the sentences below.

- | | |
|--|--------------|
| a) Nusair loves to play alone. | True False |
| b) Nusair notices dirt under his fingernails. | True False |
| c) Germs are found in dirt. | True False |
| d) Nusair was aware of washing hands properly. | True False |
| e) Nusair follows what his mother says. | True False |

F. Look and read.

Singular		Plural	
cloth		clothes	
shoe		shoes	
eye		eyes	
hand		hands	

Grammar focus:

To make plurals, we usually add **s** to the end of a word. For words ending in **ch**, **sh**, **x** or **z**, add **es**. For words ending in **y**, change the y to **i** and add **es**.

G. Write and say the plural forms for each word.

apple

door

book

baby

box

fish

bench

plate

H. Read the text in activity C again. Ask and answer in pairs.

- a) Who loves to play with friends?
- b) How does Nusair look when he comes back home?
- c) Who notices dirt under Nusair's fingernails?
- d) What can make us sick?
- e) Why do we need to wash hands properly?
- f) What should we use to wash hands?
- g) What advice does Jesmin Akter give to Nusair?
- h) What habit makes Nusair healthy?

I. Write the answers to the questions given in activity H.

a)

b)

c)

d)

e)

f)

g)

h)

Let's practise

1. Rearrange the letters to make meaningful words. Start with the capital letter.

S e h o _____

r D t i _____

H n a d _____

p S a o _____

e E y _____

o t C l h _____

2. Match column A with column B.

Column A	Column B
enjoy	not clean
dirty	clean with water
germ	to like something
finger	virus
wash	parts of the body

A. Look and say.



water



soap



tap



towel

B. Read and say.

Dirty hands can spread germs. So, washing hands is important. It is the best way to prevent germs.

Follow the steps to wash your hands properly.

1. Open the tap. Wet your hands with clean water.



2. Turn the tap off.



3. Apply soap on your hands.



4. Rub your hands for at least 20 seconds.

5. Clean the back of your hands, fingers and under the nails.



6. Open the tap. Rinse your hands well with clean water.



7. Turn the tap off again.



8. Wipe your hands with a clean towel.



C. Look at the steps of washing hands. Put the steps in order. Number them from 1 to 6.

1	Rinse your hands with clean water.
2	Rub your hands for at least 20 seconds.
3	Put soap on your hands.
4	Open the tap. Wet your hands with clean water. Turn the tap off.
5	Wipe your hands with a clean towel.
6	Rub the back of your hands, between fingers and under the nails.

D. Complete the sentences. Use the right words from the box.

turn	rinse	use	wash	wipe	rub
------	-------	-----	------	------	-----

a)your hands for at least 20 seconds.

b) soap on your hands.

c) your hands with the soap.

d) your hands with clean water.

e)the tap off.

f) your hands with a clean towel.

E. Draw and write.

Washing hands helps you to be healthy. What other things can you do to be healthy? Draw a picture and write about them.

Example: Physical exercise.

F. Let's wash our hands in the wash block following the steps given in activity B.

Let's practise

1. Write True or False for the sentences below.

- a. Dirt spread germs. _____
- b. Washing hands cannot prevent germs. _____
- c. Open the tap first to wet your hands. _____
- d. Turn the tap off while rubbing your hands. _____
- e. Cleaning the back of the hands is not important. _____

2. Make a sentence with each of the following words.

- a. water _____
- b. soap _____
- c. tap _____
- d. towel _____
- e. dry _____

3. Answer the following questions.

- a. How can we prevent germs?
- b. Which things do you need to wash hands?
- c. Which parts of your hands do you need to clean?
- d. How do you dry your hands?

A. Look at the pictures. Match them with the phrases. One is done for you.



eating food



touching a wound



using a toilet








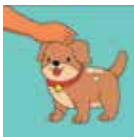


sneezing



touching garbage

B. Read and say.

Washing hands is a good habit. Read about when we should wash hands:

<ul style="list-style-type: none"> before and after eating food 	
 <ul style="list-style-type: none"> before and after touching the nose, the mouth and the eyes 	
<ul style="list-style-type: none"> before and after touching a wound 	
 <ul style="list-style-type: none"> after using the toilet 	
<ul style="list-style-type: none"> after coughing or sneezing 	
 <ul style="list-style-type: none"> after touching a pet or an animal 	
<ul style="list-style-type: none"> after playing outside 	
 <ul style="list-style-type: none"> after touching garbage 	

Wash your hands during these times to stay healthy.

C. Pairwork: Look at the pictures. Say when you should wash your hands. One is done for you.



We should wash our
hands after using toilet.











D. Now, list the activities in the right column. One is done for you.

Washing hands	
Before	After
<ul style="list-style-type: none"> eating food 	

E. Read the text in B again. Ask and answer in pairs.

1. How do you wash your hands?
2. Why should you wash your hands?
3. When should you wash your hands?

F. Make a poster to instruct others about washing hands properly. Use the following clues to write about it.

- Use clean water and ...
- Rub your hands ...
- Wipe your hands ...
- Wash hands before ...
- Wash hands after ...

Let's practise

1. Fill in the blanks with the correct word from the box.

food, animal, habit, healthy, toilet

Washing hands is a good _____. You should wash hands before and after eating _____. Do not forget to wash your hands after using the _____. You must wash your hands after touching an _____. Wash your hands regularly to stay _____.