

Keeping Healthy

BEFORE WE START, LET'S CHECK

What you already know

Circle the things that we use to keep ourselves clean.



What you will know

How can we keep ourselves clean?



How can we keep ourselves fit?



What good habits should we develop?



STAYING CLEAN

A clean body is a healthy body.
Dirt has **germs**. Germs make us ill.
Dirt sticks to our hands and body.
We should clean our body regularly.



DISCUSS WITH FRIENDS

What are some of the activities in which our hands can get dirty?



Wash your hands
before and after
eating.



Wash your face
after playing
outside.



Splash your eyes
with water to
clean them.



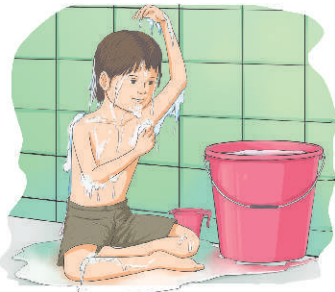
Brush your teeth
before breakfast and
before going to bed.



Clean your tongue
with a soft tongue
cleaner.



Rinse your mouth
with water after
every meal.



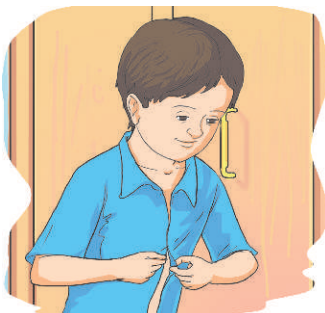
Take a bath with
soap every day.



Use shampoo to
clean your hair.



Dry your body with
a clean towel.



Wear clean clothes
every day.



Comb your hair to
keep it tidy.



Keep your nails
short and clean.

STAYING FIT

We do not feel good if we are ill.

So we must stay fit to work and play.

We need to exercise, play and rest to stay fit.

Exercise

Exercise makes our body strong.

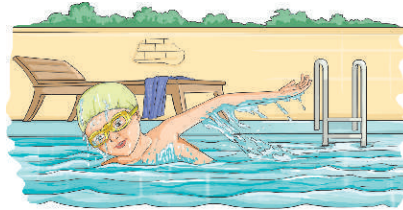
It helps our body parts to move easily.

We must exercise daily.

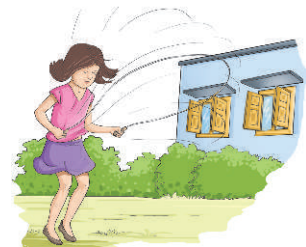
Jogging, swimming and skipping are good exercises.



jogging



swimming



skipping

Play

Playing is fun.

It is also an exercise.

It is better to play outdoors.

We feel hungry and eat better after playing.



Rest

We get tired after work and play.

We need to rest.

A good sleep gives us proper rest.

We feel fresh when we wake up.



Fun and Learn

Read, understand
and make it a habit.

*Early to bed
And early to rise
Makes a man
Healthy, wealthy and wise.*

GOOD HABITS

We must develop good habits to stay healthy.



Cover your mouth while sneezing or coughing.



Do not bite your nails.



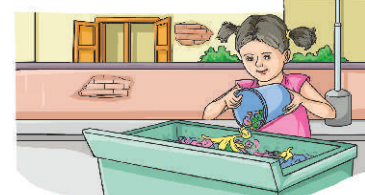
Never spit on a floor or road.



Flush the toilet after use.



Do not dirty your surroundings.



Throw waste in the dustbin only.

Words to Remember

- germs – tiny creatures that cause diseases
- jogging – running slowly
- outdoor – outside; in the open

Points to Recall

- ✿ A clean body is a healthy body.
- ✿ We should clean our body regularly.
- ✿ We need to exercise, play and rest to stay fit
- ✿ We feel hungry and eat better after exercise and play.
- ✿ A good sleep gives us proper rest
- ✿ We must develop good habits to stay healthy.

Exercises

A. Tick (✓) the correct option.

1. We should wash our hands

- (a) before eating ☐ (b) after eating ☐ (c) both (a) and (b) ☐

2. Shampoo is used to clean

(a) tongue



(b) hair



(c) teeth



3. We should brush our teeth

(a) in the morning



(b) at night



(c) both (a) and (b)



4. Which of the following is not an exercise?

(a) jogging



(b) sleeping



(c) skipping



5. What gives us rest?

(a) sleep



(b) exercise



(c) play



B. Match the pictures.

1.



2.



3.



4.



(a)



(b)



(c)



(d)



C. Match the following to complete the sentences.

1. Dirt sticks

(a) gives us rest.

2. Dry the body

(b) to our hands and body.

3. It is better

(c) your nails.

4. A good sleep

(d) with a clean towel.

5. Do not bite

(e) to play outdoors.

D. Write 'G' against good habits and 'B' against bad habits.

1. Brushing teeth twice a day



2. Sleeping late at night



3. Sneezing with an uncovered mouth



4. Spitting on the floor



5. Throwing waste in the dustbin



E. Answer the following questions.

1. What sticks to our hands and body? _____

2. When should we rinse our mouth? _____

3. What do we need to do to stay fit? _____

4. When do we feel hungry and eat better? _____

Creative Skills



TELL YOUR TEACHER

Tell your teacher what wrong or right thing the child in each picture is doing.



Activity Time

You have read that germs stick to our body.
Do this activity to understand it.



Go out to play or take a long walk.



When you come back, take a tissue paper.



Rub your cheeks gently with it.



Look at the tissue paper.



You will see that the tissue paper is dirty.

It is the dust and germs present in the air.
They stick to your face when you were out.
How can you remove them?
You can remove them by washing your face with soap and water.

