

We shall learn :

- Keeping clean
- Keeping fit and healthy
- Correct posture
- Good habits




2

Staying Fit and Healthy



WARM UP

Look at the pictures and circle the things you need to keep yourself clean:



Keeping our body clean is an important part of staying.

We must eat healthy food, keep our bodies and surroundings clean, take rest, exercise, and play.

We do not need expensive clothes to look good. We need clean clothes to feel good.

Keeping Clean



Wash your hands with soap and water after using the toilet.



Brush your teeth at least twice a day.



Take bath with soap and water everyday.

Keeping clean is a good habit.

To remain healthy, we need to stay clean.

The habit of staying clean is called **cleanliness**.



Wear clean clothes everyday.



Comb your hair to keep them tidy.



Ask an adult to help you trim your nails regularly.

Keeping Fit and Healthy

We need food, rest, exercise and play to keep fit and healthy.

Find Out



Circle the things that help you keep clean :
Comb, toothbrush, eraser, soap, pencil, hair oil.

Food

Wash your hands before and after every meal.

Eat fresh and healthy food.

Eat slowly and chew well.

Eat small bites of food.

Do not lick your fingers.

You must also drink clean water.




Rest and Sleep

Our body needs rest after work and play.

Our body gets rest when we sleep.



It makes us feel fresh and full of energy.
We should go to bed early in the night
and get up early in the morning.

 **Wisdom Corner**

- Sleep early and get up early.
- You need about eight hours to sleep everyday.

Exercise and Play

We should exercise everyday and play simple games to keep fit and healthy. Playing keeps us fit.

It also makes us strong and healthy.

Stretching, jogging and swimming are some good exercise.



stretching



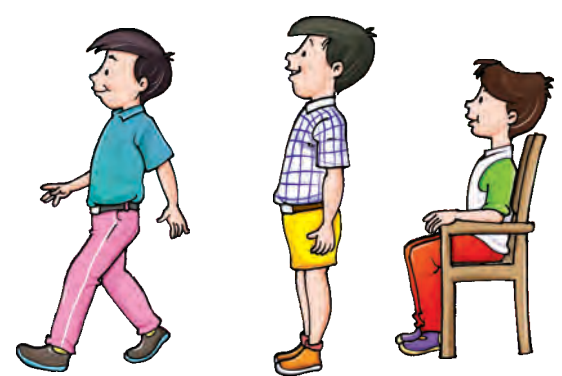
swimming

Correct Posture

Always sit and stand straight.

We must walk upright.

Wear shoes or sandals to protect your feet from getting hurt.



correct posture

Good Habits

We must develop good habits to keep healthy.



Eat from a clean plate.



Drink from a clean glass.



Do not bite your nails.



Do not write on the walls.



Do not spit on the floor or on the road.



Throw waste into the dustbin.



Cover your mouth when you sneeze, cough or yawn.



Glossary

Cleanliness

The habit of staying clean

Lick

To move your tongue across something

Question Hour-I



A Tick (✓) the correct answer :

1. We should take a bath with soap and water :

(a) everyday.

(b) once a week.

(c) twice a week.

2. We must wash our hands :

(a) before every meal.

(b) after every meal.

(c) before and after every meal.

3. We should sleep at night at least for :

(a) four hours

(b) eight hours

(c) ten hours

B Fill in the blanks with correct words from the box :

cleanliness, lick, swimming, chew, clean

1. We must keep our body _____ for good health.

2. The habit of staying clean is called _____ .

3. Eat slowly and _____ well.

4. Do not _____ your fingers.

5. _____ is also a good exercise.

C Match the columns to complete the sentences :

1. To remain healthy (a) when we sleep.

2. We must eat (b) upright.

3. Our body gets rest (c) strong and healthy.

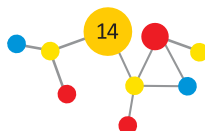
4. Playing makes us (d) we need to stay clean.

5. We must walk (e) fresh food.

Think Beyond HOTS 

1. Why is biting nails not a good habit ?

2. Why do we brush our teeth ?



Question Hour-II



Match the names with correct pictures :



Teeth



Nails



Hair

Hands



Fun to Drill



Number your daily routine activities in correct order :

1. I go to school.
2. I get up from my bed.
3. I take a bath.
4. I eat my breakfast.
5. I brush my teeth.

Fun to Act



What should you do and what should you not do? Tick (✓) 'Yes' or 'No' :

No.	Things you should do everyday	Yes	No
1.	Brush your teeth		
2.	Take a bath		
3.	Wear clean clothes		
4.	Comb your hair		
5.	Exercise and play		
6.	Eat with dirty hands		
7.	Wash hands before and after every meal		
8.	Bite your nails with teeth		