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Cleanliness and Health



Points to Know :

- ▣ Importance of Cleanliness for Good Health
- ▣ Other Healthy Habits



Getting Started

Pihu's father Dr. Gupta is a doctor. Last week, he went to a conference. From there, he brought a poster on health for Pihu. This poster is given below.

We should



Sleep early at night and get up early in the morning.



Wash our face with cold and fresh water.



Take bath with good soap and clean water.



Eat fresh and clean food.



Play and exercise regularly.



Have enough sleep and rest.



When we go out to play, we sweat a lot. The dirt in the playground sticks to our body. This dirt carries **germs** which may make us ill. So, when we come home, we should wash our hands thoroughly with good soap and clean water. If the need arises, we should take bath as well.



FACT TO KNOW

Cleanliness is the key to good health.

Other Healthy Habits

- ❖ Brush your teeth twice a day, once in the morning and once before going to bed.
- ❖ Take bath daily with soap and clean water.
- ❖ Shampoo your hair twice a week.



- ❖ Wear clean and well-ironed clothes.
- ❖ Trim your nails regularly.
- ❖ Always eat clean and fresh food.
- ❖ Wash vegetables and fruits before eating them.
- ❖ Avoid junk foods like soft drinks, burgers, pizzas and chips.

- ❖ Have 6-8 glasses of clean and fresh water everyday.
- ❖ Playing outdoor games every day exercises our body.



- ❖ After work and play in the day, our body needs rest. So, have a good sleep of 7-8 hours.
- ❖ A good night's sleep refreshes us. We become ready to enjoy another day.



Words to know

- Conference** : A meeting
Ill : Sick
Shampoo : Liquid soap for hair.



Revision

- ❖ Pihu's father went to a conference.
- ❖ We should wash our face with cold fresh water.
- ❖ We should eat fresh and clean food.
- ❖ We should play and exercise regularly.
- ❖ We should have enough rest.

Exercise

A. Tick (✓) the correct answer :

1. When we go out to play, we :
 (a) play (b) sweat (c) dance
2. Brush your teeth two times in a :
 (a) day (b) night (c) None of these
3. Play and exercise :
 (a) never (b) regularly (c) Both of these
4. We need a good sleep of :
 (a) 4-5 hours (b) 6-7 hours (c) 7-8 hours
5. Our food must be :
 (a) clean (b) fresh (c) Both of these



B. Fill in the blanks with words from the help box :

soap, Trim, Germs, fresh, sweat

1. When we go out to play, we _____ a lot.
2. _____ may make us ill.
3. Wash your hands thoroughly with good _____ and water.
4. _____ your nails regularly.
5. Always eat clean and _____ food.



C. Match the following :

Column A

1. Junk food
2. Shampoo
3. Dirty hands
4. Soap and water
5. Healthy food

Column B

- (a) Dirt and germs
- (b) Fruits and vegetables
- (c) Soft drinks, chips and burgers
- (d) Hair
- (e) Bath

D. State whether True or False :

1. Pihu's father is an engineer. _____
2. We should take bath with good soap and clean water. _____
3. Germs may make us ill. _____
4. Have a good sleep of 7-8 hours. _____
5. A good night's sleep refreshes us. _____

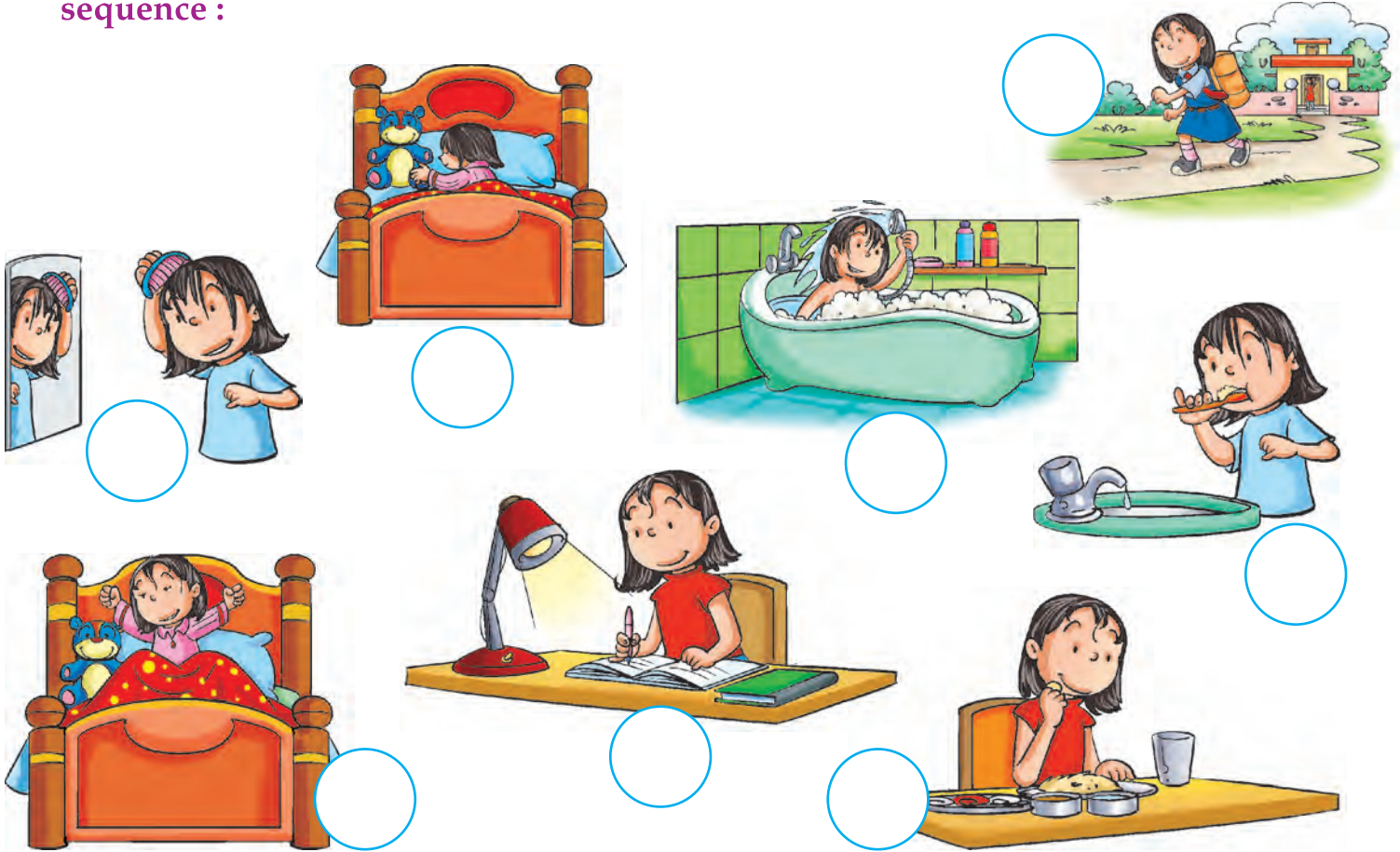
E. Answer the following questions :

1. What may the dirt contain?
2. What do the germs cause to us?
3. What is the key to good health?
4. Why must we exercise regularly?
5. How much sleep do we need?



 **Activities**

A. These pictures show Ria's daily routine. Number them from 1 to 8 in the correct sequence :



B. Complete the table. Ask your friends and tick (✓) the good habits they follow to know how healthy they are :

Name	Brush teeth		Wash hands		Take a bath	
	twice	once	before meal	after meal	daily	some times

