

EVS Class 1

Chapter 4 : I Keep Myself Clean - Answer Key

A. Fill in the blanks:

1. A clean body is a healthy body.
2. We should brush our teeth twice a day.
3. We must wash our hands before and after eating.
4. We should trim our nails regularly.
5. We must wear clean clothes.

B. Tick (✓) the correct option:

1. We should bathe: Once a day ✓
2. We should clean our ears with: Cotton buds ✓
3. Good habits make us: Well mannered ✓

C. Answer the following questions:

1. We can keep ourselves clean by bathing daily, brushing teeth, washing hands, wearing clean clothes, and trimming nails.
2. We should rest to keep our body healthy and active.
3. Some exercises are walking, running, skipping, and yoga.
4. Four good habits are brushing teeth, bathing daily, washing hands, and exercising.

D. Activity:

This is a practical activity. Students should draw or paste pictures showing good habits such as brushing, bathing, and washing hands.