

EVS-1

Chapter 4 – I Keep Myself Clean –Worksheet

A. Fill in the blanks:

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

B. Tick (✓) the correct option:

1. We should bathe:
 Once a day Twice a day Never
2. We should clean our ears with:
 Pencil Cotton buds Matchstick
3. Good habits make us:
 Angry Well mannered Sick

C. Answer the following questions:

1. How can we keep ourselves clean?
2. Why should we rest?
3. Name some exercises that keep our body fit.
4. List any four good habits.

D. Activity:

Draw or paste pictures showing good habits (such as brushing, bathing, washing hands).