



Class - I EVS

3. Looking after my Body

I. Draw and colour:

Comb



Soap



II. Say true or false:

1. We should take bath daily - True
2. Sleeping late night is good for health - False

III. Match the following:

1. Bath - Short and clean    3
2. Hair - Soap    1
3. Nail - Comb    2

IV. Answer the following:

1. Write two habits that help you to stay healthy
  - i. Eating healthy food and chewing it properly
  - ii. Eating our meals on time.
2. Write two things you do to stay fit .  
Sleeping for at least 8 hours at night.  
Exercising everyday and doing yoga.

V. Mind map:

