

**PARAGON CONVENT SCHOOL**

**CLASS – I**

**EVS**

**CHAPTER – 3**

**KEEPING CLEAN**

**SUMMARY OF THE CHAPTER**

We should keep our body clean. It keeps germs away.

We should follow a healthy routine to keep ourselves fit and healthy.

Good habits help us to be healthy and strong.

We should follow healthy habits like brushing teeth twice a day, taking bath daily, wearing clean clothes, eating clean and fresh food drinking clean water etc.

**Answer key of the exercise (Page no. 20, 21)**

**(B) Write good habits and bad habits.**

1. good habit
2. good habit
3. bad habit
4. bad habit

**(C) Tick the correct option.**

1. fruits
2. every day
3. sneeze
4. before and after meal

**NOTE : Do the following work in your fair notebook.**

**DIFFICULT WORDS**

- |              |            |
|--------------|------------|
| 1. Clean     | 2. Germs   |
| 3. Healthy   | 4. Early   |
| 5. Twice     | 6. Wear    |
| 7. Regularly | 8. Sneeze  |
| 9. Cough     | 10. Strong |

11. Habits

12. Comb

**QUESTION-ANSWERS**

Q1. Why should we take bath daily?

Ans. We should take bath daily to keep our body germs free.

Q2. Write any one good habit that you follow daily.

Ans. I wash my hands before and after every meal.

Q3. Why should we follow good habits?

Ans. We should follow good habits because they help us to be healthy and strong.