



EVS



Clean, Fit

and

Healthy

Day Thursday

Topic Keeping fit, Clean and Healthy

Answer in one word.

Q1 How many hours a day must children sleep?

Ans 8 to 10 hours.

Q2 What do we need when we are tired?

Ans Rest and sleep.

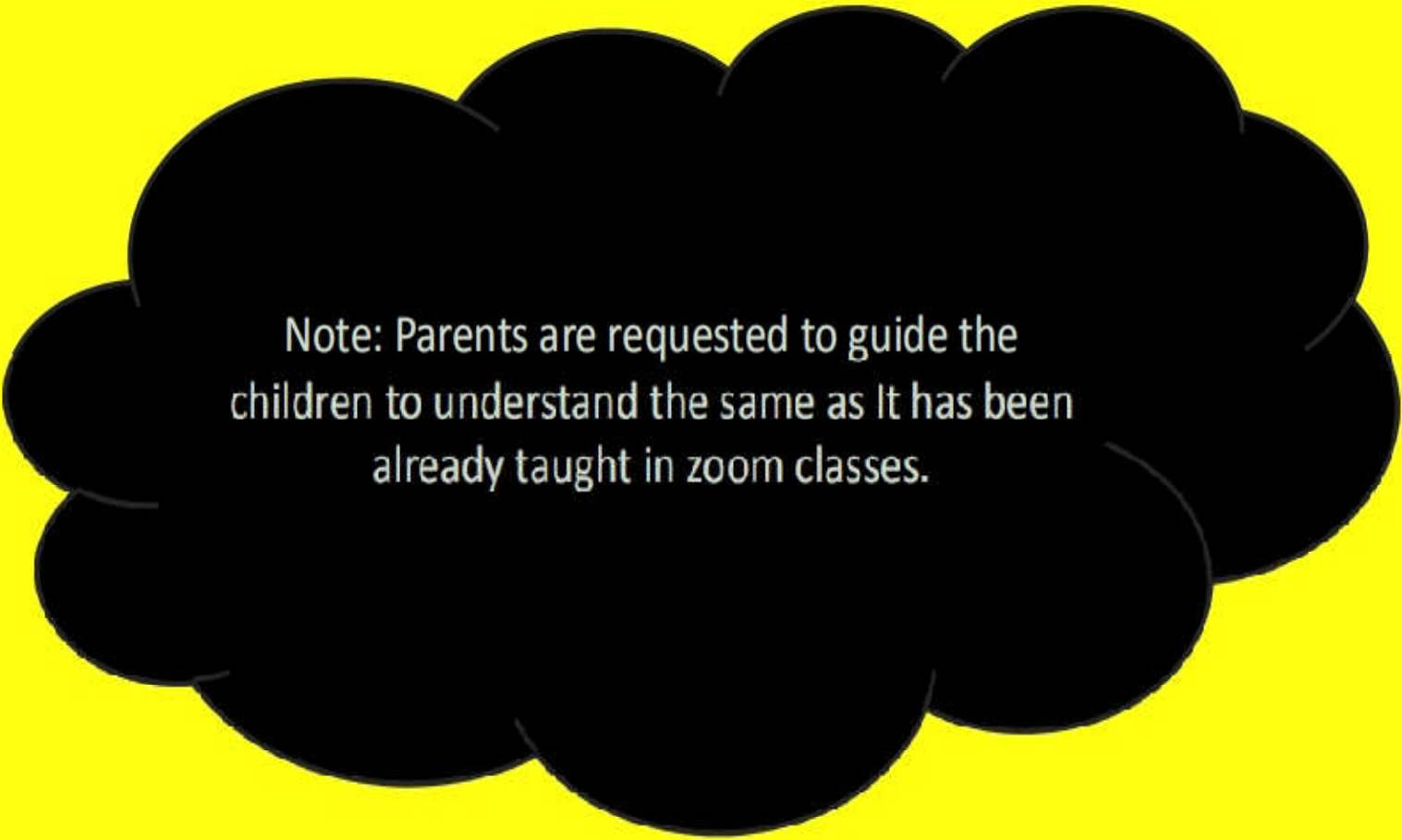
Q3 Name a thing you can do to relax.

Ans Watch tv.

Date :

Q4. Why must we eat good food?

Ans To be healthy.



Note: Parents are requested to guide the children to understand the same as It has been already taught in zoom classes.