




EVS



Clean, Fit

and

Healthy

A. Choose the correct answer from the box and complete the sentences.

water healthy early

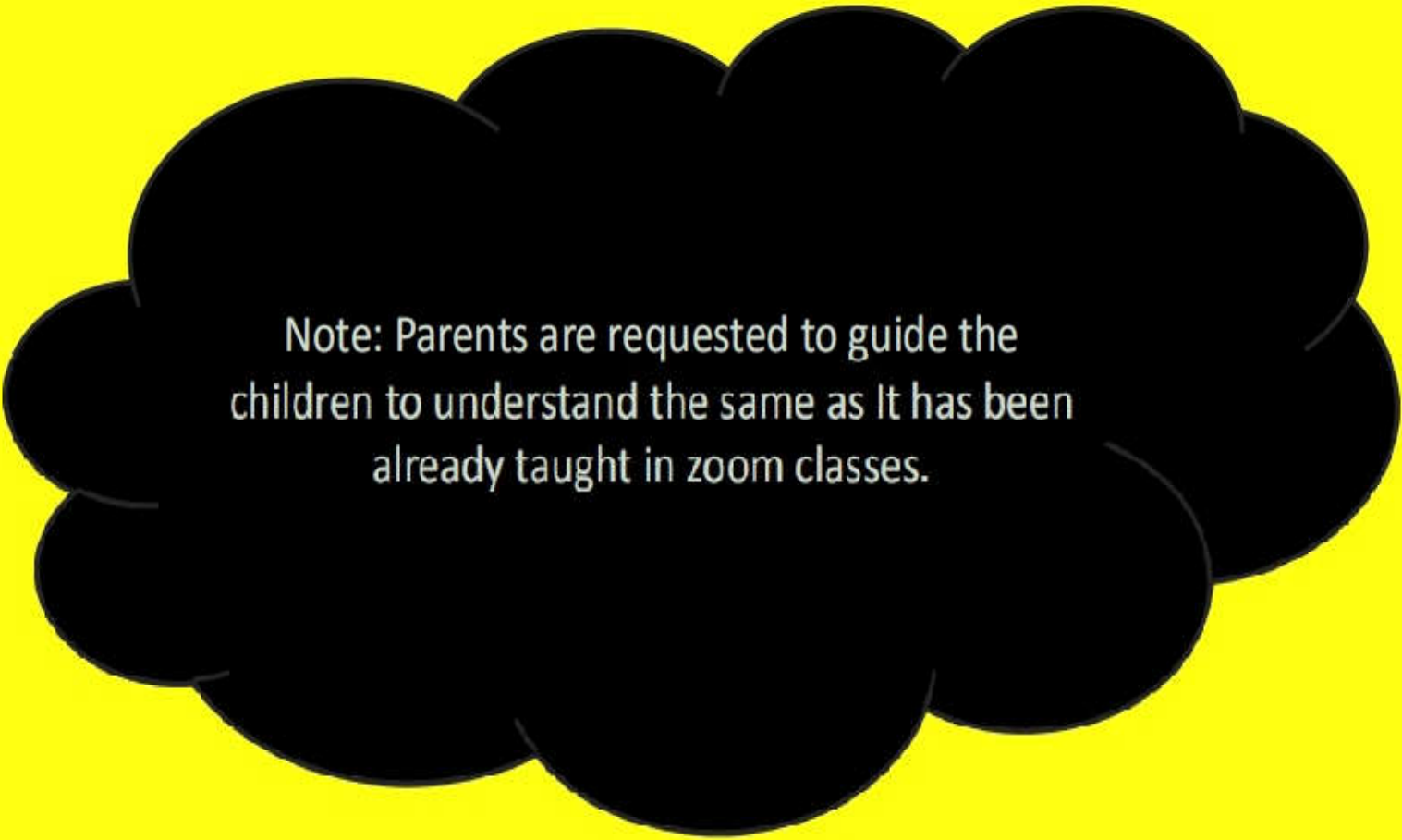
1. Eat healthy food.
2. We must drink plenty of water.
3. We should go to bed early every day.

B. Mark (✓) if you follow these good habits. Mark (x) if you do not follow them.

1. Brush your teeth daily.
2. Have a bath every day.
3. Exercise in the open.
4. Walk in the park or walk to school.
5. Go to bed early.

C. Fill in the blanks.

1. exercise makes our body fit.
2. Avoid eating junk food.
3. We use a nail cutter to cut our nails.



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