

4

Good Habits

Look at the pictures given below-



Discuss :

1. What do you see in the pictures given above?
2. Why do you go to a doctor?
3. What should we do to remain healthy?

Let's read the poem :

Early to bed, early to rise,
Makes a man healthy, wealthy and wise.
Brushing your teeth twice a day,
Keeps your gums healthy and germs at bay.
A bath everyday,
Keeps us fresh, clean and gay.
Comb your hair and wear clean dress,
Trim your nails and they won't look a mess.
Before and after eating your food,
Wash your hands and don't be rude.
You should study your lessons everyday,
Pray to God and also go out to play.

Glossary

healthy	-	सशक्त, स्वस्थ
wealthy	-	धनवान
wise	-	बुद्धिमान
germs	-	रोगाणु
at bay	-	किसी समस्या को दूर रखना
gay	-	खुश
mess	-	गंदा
rude	-	अशिष्ट

Activity I


A. Read the poem again and fill in the blanks:

1. Daily bath keeps us
2. Comb yourand wear clean.....
3. You should.....your lessons everyday.
4. Pray to.....and also go out to

B. Answer the following questions:

1. How many times should we brush our teeth a day?

Ans.



2. How do we keep our body clean?

Ans.

3. What do you do before and after eating?

Ans.

Activity II

A. Read the following words and circle the odd one.

hand

leg

finger

brush

apple

mango

potato

guava

teeth

comb

tongue

lips

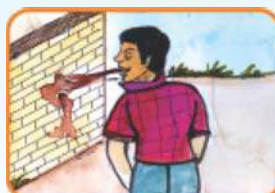
pen

toy

pencil

eraser

B. Write (G) if you think the child is doing something good and (B) if he is doing something bad.

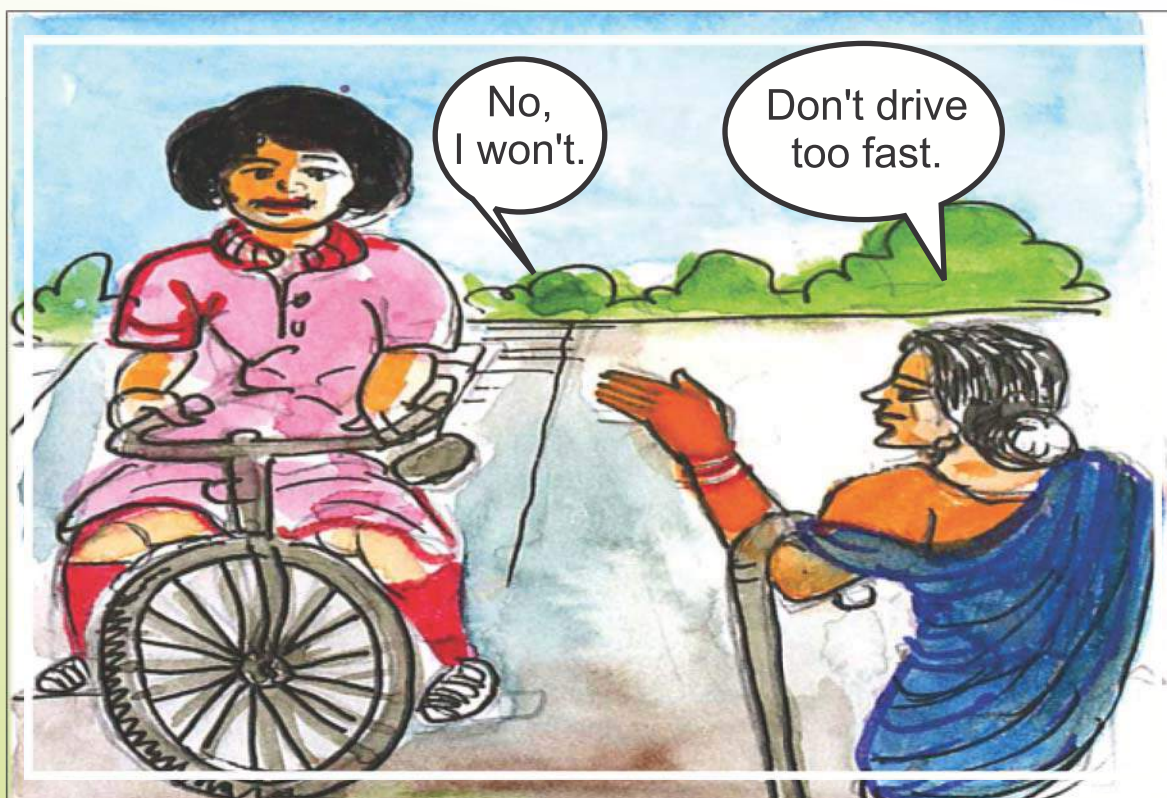
☐☐☐☐☐☐☐

Activity III

Look at the following picture :



Work in pairs. One should read out what is in the balloon and the other should give a suitable reply.





- B. Discuss your daily routine with your friends and give a speech on it in your class.**
- C. Listen to these rhyming words and recite after your teacher.**

1. rise - wise.
2. day - bay.

3. dress - mess
4. everyday - play

Activity IV

Read the following lines carefully-

Before and after eating your food
Wash your hands and don't be rude.

Now fill in the blanks with 'Before' or 'After'—

1. eating food, I wash my hands.
2. reaching school, I sit in the class.
3. eating food, I clean my teeth.
4. reaching home, I do my homework.

Activity V

Look at these pictures in sequence and search the theme of them.



Write one or two sentences for each picture.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....