

**SESSION : 2**

**CLASS : I**

**SUBJECT : EVS**

**CHAPTER NUMBER:4**

**CHAPTER NAME : MY BODY NEEDS CARE**

**SUBTOPIC : HEALTHY HABITS TO KEEP  
YOUR BODY CLEAN, THINGS WE USE TO  
KEEP OUR BODY CLEAN.**

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**CHANGING YOUR TOMORROW**

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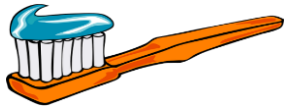
# LEARNING OBJECTIVE :

To enable the learner to know about different things that we use to keep our bodies clean.



**MY BODY NEEDS  
CARE**

- ❖ Nature has given us a precious gift, in the form of our body.
- ❖ We should take care of our body to stay healthy and fit .
- ❖ To take care of our body and keep our body clean, we should follow some good habits.



---ACTIVITY---  
RHYMES



This is the way we brush our teeth,  
Brush our teeth, brush our teeth,  
This is the way we brush our teeth,  
Early in the morning.



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This is the way we take our bath,  
Take our bath, take our bath,  
This is the way we take our bath,  
Early in the morning.



This is the way we comb our hair,  
Comb our hair, Comb our hair  
This is the way we comb our hair,  
Early in the morning





**We should brush our teeth  
twice daily.**

**We should take bath every  
day.**

**We should wash our hands  
before and after taking food.**

**We should comb our hair  
everyday.**

**We should trim our nails  
once in a week.**

**We should wear clean  
clothes.**

# Things we use to keep us clean



**SHAMPOO**



**TOOTHBRUSH  
TOOTHPASTE**



**HANDKERCHIEF**



**COMB**



**TOWEL**



**NAIL CUTTER**



**SOAP**



**I am Farah.  
I wake up early in the  
morning.  
I brush my teeth first.  
Then, I take a bath.  
I put on my clothes.  
I comb my hair.  
Next, I have my breakfast.  
Then, I leave for school.**



C.W

Dt. Q2. To keep my body healthy :

a. I must eat well  
and drink water.

a. I must eat well  
and drink water.



drink



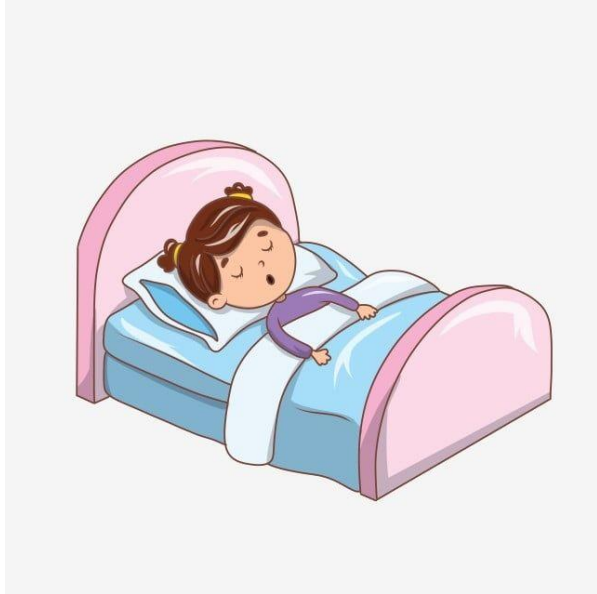
eat



play

b. I must play every day.

b. I must play every day.



sleep

c. I must sleep well.

c. I must sleep well.

❖ In the space below, write what you use these things for:



1. I use a towel to dry myself.
2. I use a comb to comb my hair.
3. I use a toothbrush to clean my teeth.
4. I use a soap to wash my body.

# SUMMARY

- ✓ We use a towel to dry our bodies.
- ✓ We use a comb to comb our hair.
- ✓ We use a toothbrush to clean our teeth.
- ✓ We use soap to wash our bodies.
- ✓ We use a nail-cutter to cut our nails.
- ✓ We use shampoo to wash our hair.

# LEARNING OUTCOME:

- The learner will be able to know the name of the things and their uses to keep their bodies clean.

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**