

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.**

CHANGING YOUR TOMORROW

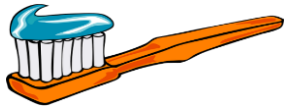
LEARNING OBJECTIVE :

Students will be able to know about the healthy habits and the things that we use to keep our body 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.



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.**



bath

a. I must take a bath every day.

I must take a bath every day.

brush



b. I must brush my teeth every day.

I must brush my teeth every day.



wear

c. I must wear clean clothes.

I must wear clean clothes.

comb

d. I must comb my hair every day.

I must comb my hair every day.



Notes

Healthy habits to
keep your body
clean



Brush your teeth.



Take a bath.



Wash your hands.



Comb your hair.



Trim your nails



Wear clean clothes.



C.W

Q2. To keep my body healthy :

a. I must eat well
and drink water.



eat



drink

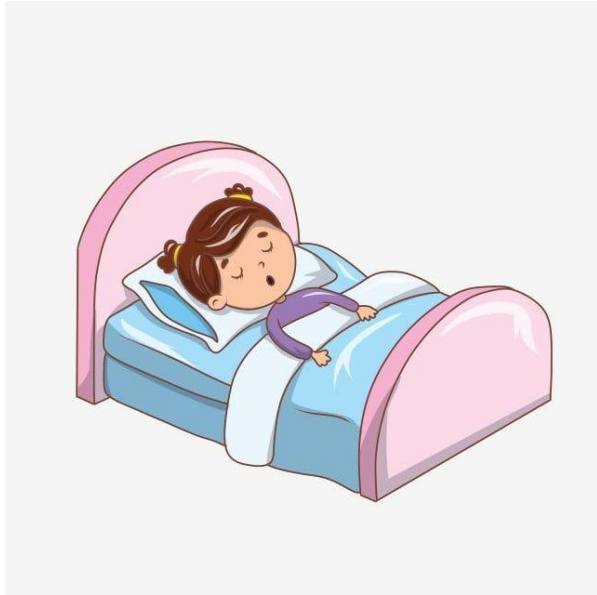
a. I must eat well
and drink water.



play

b. I must play every day.

b. I must play every day.



sleep

c. I must sleep well.

c. I must sleep well.



**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.**

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.

Things we use to keep us clean



SHAMPOO



**TOOTHBRUSH
TOOTHPASTE**



HANDKERCHIEF



COMB



TOWEL



NAIL CUTTER



SOAP

LEARNING OUTCOME:

The students are able to know about the good habits and name of the things which we use to keep our body clean.

THANKING YOU
ODM EDUCATIONAL GROUP