

4

I Keep My Body Clean

Budding Values: Personal care, Making right choices

Number each picture in order of your daily routine.

I wipe my
body.



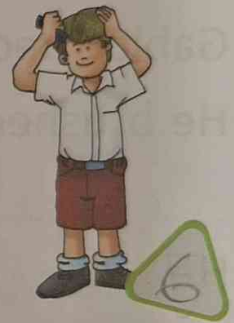
I brush my
teeth.



I take bath.



I comb my
hair.



I wash my
hands before
I eat.



I use a
handkerchief.



I go to the
toilet every
morning.



I wear clean
clothes.



Teacher Encourage the children to look after personal hygiene and take care of the environment by keeping the surroundings clean.

Gabloo

Gabloo was a little boy. He never washed his hands. His teeth were yellow. His mouth smelled bad. His hair were untidy. He never combed them. His clothes were dirty. He had no friends. He was very lonely.

Let us see how Gabloo is now !

Complete the Story by using the Help-Box.

Help-Box

hands friends good lonely combed clean tidy teeth

Gabloo became a good boy. He washed his hands. He brushed his teeth. His mouth smelled good. His hair became tidy. He combed them everyday. His clothes were clean. He had many friends. He was never lonely again.

Write Yes or No in the box.

Do you eat food with dirty hands?

No

Do you wash your hands properly?

Yes



Take a dirty handkerchief and wash it with soap with the help of your mother or father. How much dirt came out of it ? Can you imagine the amount of dirt that goes into your mouth if you don't wash your hands before eating ?

'Yes' or 'No'



Is your waterbottle
dirty?

No



Do you wear clean
socks every day?

Yes



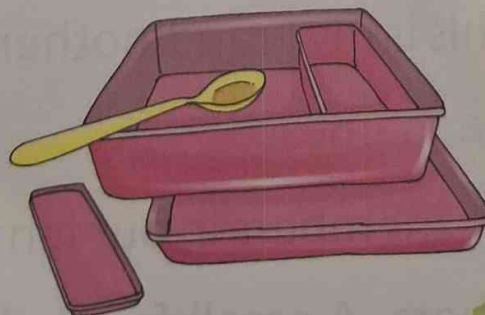
Do you always wear a
clean uniform?

Yes



Do you polish
your shoes once
in a month?

No



Is your tiffin box clean?

Yes



4. I Keep My Body Clean

Worksheet-1



1. Tick (✓) Do's and cross (X) Don'ts to keep your body healthy and fit.

- (a) We should not brush and bathe daily.
- (b) We must keep our body clean.
- (c) We must exercise daily.
- (d) We must wear dirty clothes.
- (e) Clip your nails regularly.
- (f) We should comb our hair properly.
- (g) We should use separate towel.

X
✓
✓
X
✓
✓
✓



2. Name the things that help you keep your body clean.



Too t h Br u s h

C o m b

So a p



3. Here is a picture of germs. How can we kill the germs ?

- (a) Washing our hands withSoap....
- (b) Taking bath..... everyday.



- (c) Brushing our teeth..... everyday.
- (d) Covering our mouth and nose when we sneeze....
- (e) Combing our hair.....



4. Teeth chew the food. It is important to have clean teeth. How can you look after your teeth ?

Tick (✓) for right and cross (X) for wrong.



- (a) Brushing them in the morning and at night. ☒
- (b) Combing them. ☒
- (c) Washing them with soap. ☒
- (d) Not eating too many chocolates. ☒



5. We use different parts of body to do various activities. Match the activities to their related body parts.

Activities	Body parts
(a) Twinkling stars	(i) tongue (b)
(b) Delicious cake	(ii) mouth (f)
(c) Playing football	(iii) nose (h)
(d) Ride a bicycle	(iv) shoulder (g)
(e) Draw a painting	(v) eyes (a)
(f) Singing a song	(vi) leg, foot (c)
(g) Carry my school bag	(vii) hand, fingers (e)
(h) Nice perfume	(viii) hand, leg, foot (d)

4. I Keep My Body Clean

Worksheet-2

1. Tick (✓) or cross (X) against the following habits that you follow regularly.

- (a) I do not brush my teeth daily. ☒
- (b) I wash my face with soap and water. ☒
- (c) I do not clip my nails regularly. ☒
- (d) I go to toilet daily. ☒
- (e) I wash my hands with soap and water before having any meal. ☒
- (f) I take bath daily. ☒
- (g) I wear clean clothes. ☒
- (h) I comb my hair daily. ☒
- (i) I shampoo my hair regularly. ☒



2. Match the following and write the names.

Nose

Teeth

Face

Nails

Hair

Soap

Nail cutter

Tooth brush

Comb

Handkerchief

Ch-4 I Keep My Body Clean

Initiation- Showing images of healthy and unhealthy habits.

I New words.

- | | | | |
|---|-------|----|--------------|
| 1 | Brush | 8 | Clothes |
| 2 | Bath | 9 | Handkerchief |
| 3 | Comb | 10 | Wipe |
| 4 | Wash | | |
| 5 | Clean | | |
| 6 | Dirty | | |
| 7 | Germs | | |

Learning Outcome - Explain the importance of keeping the body clean.

II Fill in the blanks.

1. I wipe my body with a towel.
2. I take bath using a soap.
3. I wear clean clothes.

III Think and answer.

1. Anu comes home after playing from outside, her hands are

dirty. Write the correct action that Anu should do before eating.

Ans. Anu should wash her hands with soap and water before eating.

IV Activity: Palm tracing for clean hand and dirty hand.
[Hygiene activity]

Revision Ch - 4

I Write True or False.

1. I clip my nails once a month.

False

2. We should keep our surroundings clean. True.

II Unscramble the letters.

1. a r h b s - Brush

2. r a i h - Hair.