

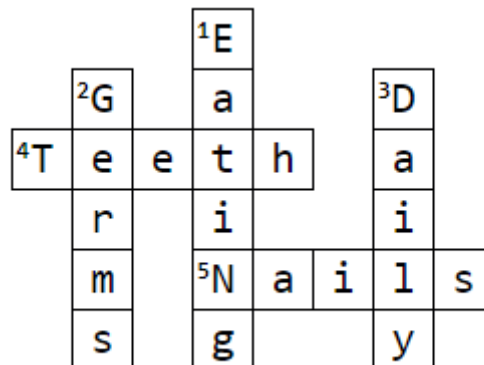
1. Crosswords

Down

1. Washing hands before.
2. They make us sick.
3. Take shower.

Across

4. Brush your _____ twice a day.
5. Trim once a week.



2. Words Search

Find the following word in the words search.

Dirty	Healthy	Brushing	Clean	Habits
-------	---------	----------	-------	--------

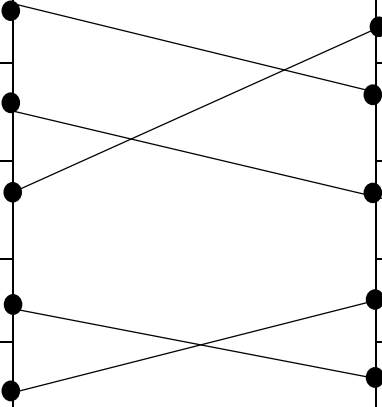
S	F	A	D	S	A	F	F	X
K	M	A	I	C	L	E	A	N
V	K	T	R	B	S	T	U	H
G	M	U	T	C	L	E	S	A
P	V	N	Y	H	E	A	E	B
B	R	U	S	H	I	N	G	I
K	N	C	L	S	G	E	R	T
H	E	A	L	T	H	Y	N	S

3. Jumbled Words

i. Eancl	<u>Clean</u>	ii. Doby	<u>Body</u>
iii. Tetoil	<u>Toilet</u>	iv. Theclos	<u>Clothes</u>
v. Eatn	<u>Neat</u>	vi. Sermg	<u>Germ</u>
vii. Hinsy	<u>Shiny</u>	viii. Eatwr	<u>Water</u>
ix. Tiryd	<u>Dirty</u>	x. osap	<u>Soap</u>

4. Columns

Column A	Column B
Eat	Make us sick
Drink	Healthy food
Unhealthy habits	Clean water
Wash hands	Dustbin
Throw rubbish in	After using toilet



5. Fill in the blanks using the given words.

shampoo	soap	face	clothes	towel
---------	------	------	---------	-------

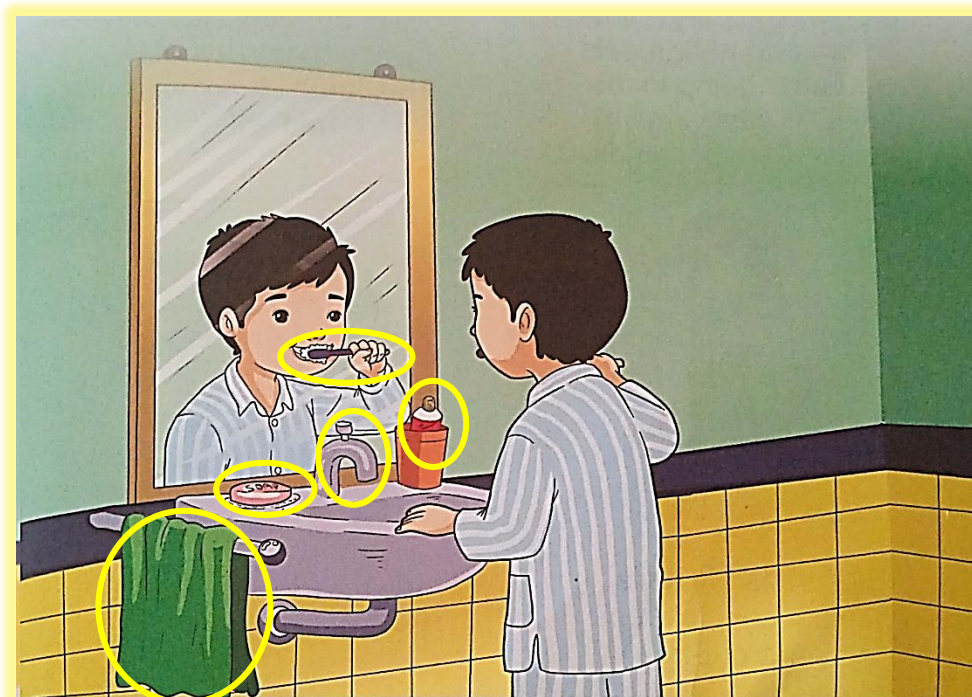
- We should wash our hands with **soap**.
- We should use a **towel** to dry our hands.
- We should wear clean **clothes** every day.
- To keep our hair clean, we use **shampoo** when we wash it.
- We should clean our **face** every morning and night.

6. Write “T” for the true and “F” for the false statement.

- i. Unhealthy habits keep us healthy.
- ii. Germs cause common cold, cough and diarrhea.
- iii. We should use water wisely while brushing teeth.
- iv. We should trim nails once in a month.
- v. Drinking clean water is a good habit.

F
T
T
F
T

7. Label the diagram.



8. Drag and Drop

Look at the pictures and write their names in the relevant column.

				
Comb	Soap	Shampoo	Nail clippers	Brush

Cleanliness

Washing hair

Combing hair

Brushing teeth

Washing hands

Trimming nail

Objects

Shampoo

Comb

Brush

Soap

Nail clippers

9. Comprehension

Answer the following questions after reading the paragraph carefully.



Keeping ourselves clean is very important. We wash our hands with soap and water before we eat. We brush our teeth twice a day to keep them healthy and strong. Taking a bath helps us stay clean. After washing our hands, we use a towel to dry them. It's also important to wear clean clothes every day to feel fresh and happy.

1. Which two things are used to wash hands?

Soap and water.

2. Why is it important to brush our teeth?

To keep them healthy and strong.

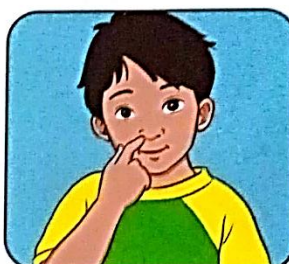
Look at the pictures and write if it is a health habit or unhealthy habit.



Healthy



Unhealthy



Unhealthy



Healthy

Choose the correct option:

1. To keep your hair clean, use:

a. Toothpaste

b. Nail clippers

c. Shampoo

2. To keep your teeth clean, use:

a. Shampoo

b. Tooth paste

c. Soap

3. Bilal brushes his teeth:

a. Once a day

b. Twice a day

c. Thrice a day

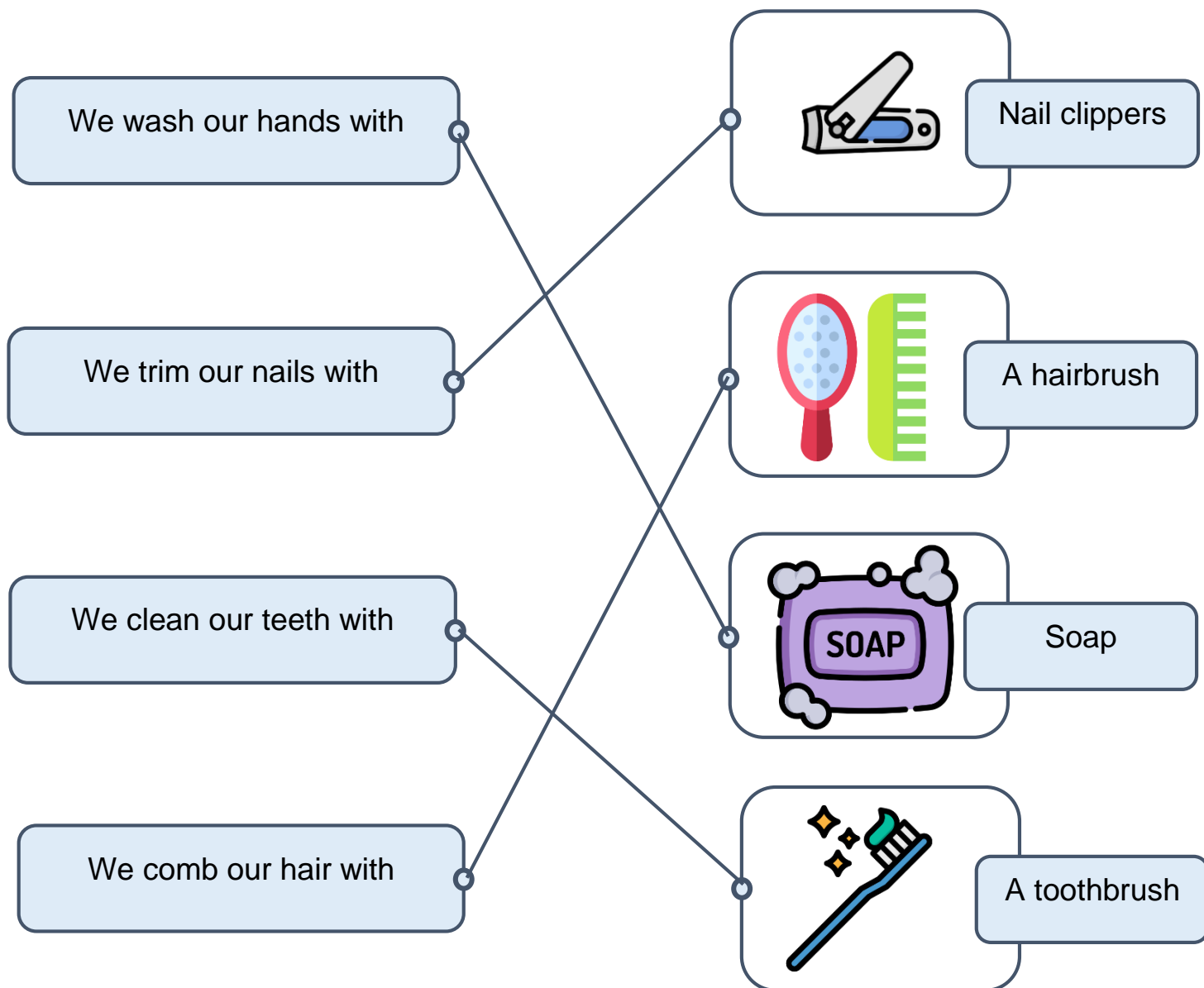
4. Leaving the body and clothes dirty can make us:

a. Sick

b. Happy

c. Healthy

Match the columns:



Answer these questions:

i. Why is it important to keep ourselves clean?

To keep ourselves healthy.

ii. List some causes of illness.

- Eating unhealthy food.
- Drinking dirty water.

iii. What are the different ways to keep your body healthy?

- Eating healthy food.
- Drinking fresh water.

iv. Where should we throw rubbish?

We should throw rubbish in the dustbin.

v. Why germs are harmful?

Germs are harmful because they make us sick.

Write a few lines below about health and cleanliness. Also draw pictures to convey your message. Share it with your family.

- ❖ Cleanliness is a good habit.
- ❖ We should keep ourselves clean.
- ❖ We should also keep our country clean.