



“Health is a blessing”. We should keep ourselves clean to stay healthy. Because cleanliness keeps us safe from diseases.



Students' Learning Outcomes

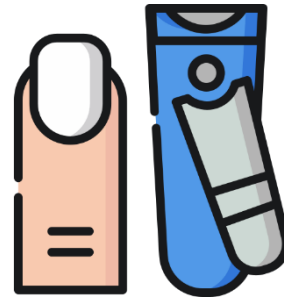
Identify the ways by which they can keep themselves clean (washing hands before and after meals and after going to the toilet, clipping / trimming nails brushing teeth daily, having a bath regularly etc.

Healthy habits:

To stay healthy, we should follow these habits.



Washing hands before and after meals.



Clipping nails weekly



Brushing teeth twice a day



Taking shower everyday

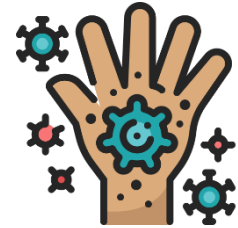




Germs:





Germs are living things that make us sick. They are everywhere.

- ❖ On our hands.
- ❖ On fruits and vegetables.
- ❖ In sneezing, coughing, spitting.



Cleanliness kills these germs. To avoid these germs, we should wash hands before eating.

Steps to wash hands



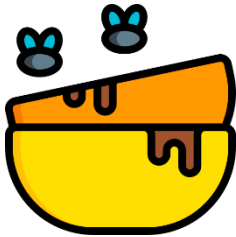
			
Rinse hands	Use soap	Scrub hands	Rinse hands again

Causes of germs:

Some major causes of germs are following:

Students' Learning Outcomes

Recognize the importance of keeping themselves, their clothes and surroundings clean for their health.

		
Not brushing teeth	Not taking shower daily	Eating dirty food








Diseases:

These germs are harmful for our bodies. They cause diseases in human body.

Such as:

Students' Learning Outcomes

Recognize the fact that germs can cause diseases, and list ways to avoid germs.

Diarrhea	Coughing	Vomitting
		

We should adopt the following ways to keep away from germs, such as:

- i) Wear a mask
- ii) Wash hands
- iii) Cover our mouth while coughing or sneezing.

Importance of cleanliness:

Keeping our body and clothes is very important.

Students' Learning Outcomes

Recognize the importance of keeping themselves, their clothes and surroundings clean for their health.

		
It keeps us healthy.	It protects us from diseases.	We feel good.

