

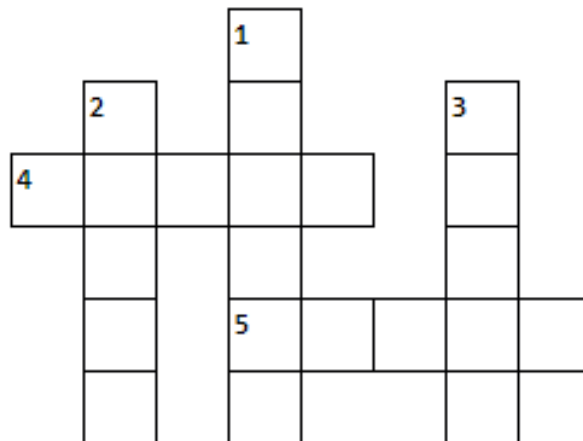
1. Crosswords

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 _____ | ii. Doby _____ |
| iii. Tetoil _____ | iv. Theclos _____ |
| v. Eatn _____ | vi. Sermg _____ |
| vii. Hinsy _____ | viii. Eatwr _____ |
| ix. Tiryd _____ | x. osap _____ |

4. Columns

Column A
Eat
Drink
Unhealthy habits
Wash hands
Throw rubbish in

Column B
Make us sick
Healthy food
Clean water
Dustbin
After using toilet

5. Fill in the blanks using the given words.

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

- i. We should wash our hands with _____
- ii. We should use a _____ to dry our hands.
- iii. We should wear clean _____ every day.
- iv. To keep our hair clean, we use _____ when we wash it.
- v. We should clean our _____ 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.

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

Objects

- Washing hair

- Combing hair

- Brushing teeth

- Washing hands

- Trimming nail

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?

2. Why is it important to brush our teeth?

Work it out

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



--	--	--	--

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:

We wash our hands with



Nail clippers

We trim our nails with



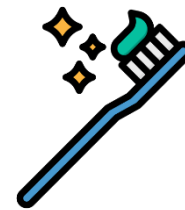
A hairbrush

We clean our teeth with



Soap

We comb our hair with



A toothbrush

Answer these questions:

i. Why is it important to keep ourselves clean?

ii. List some causes of illness.

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

iv. Where should we throw rubbish?

v. Why germs are harmful?

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