

EVS Notes

Chapter- healthy habits

Chapter-Healthy Habits

Difficult words:-

1. Habits
2. Healthy
3. Bath
4. Brush
5. Breakfast
6. Snacks
7. Playground
8. Outdoor
9. Games
10. Exercise
11. Regularly
12. Sleep
13. Rest
14. Meal
15. Dustbin
16. Garbage
17. Clean
18. Wash
19. Trim
20. Early

Fill in the blanks from the words given in the box.

(Exercise, good ,wash ,bath)

1. We should take bath everyday.
2. We should wash our before and after every meal.
3. Drinking water is good for us.
- 4 playing outdoor games is a good exercise.

Answer the following questions:-

1. What is healthy habits ?

Ans. -The habits which keep us healthy and happy are called healthy habits.

2. How many hours should we take sleep?

Ans-we should take sleep 7-8 hours daily.

3. Why should we take exercise regularly?

Ans. Because it keeps us healthy and fit.

4. Write (T) for true and (F) for false:-

Example :- we should eat always fresh and good food. (T)

- A. We should not exercise regularly. (F)
- B. We should take proper rest and sleep. (F)
- C. We should be clean and tidy. (T)
- D. We should use dustbin to