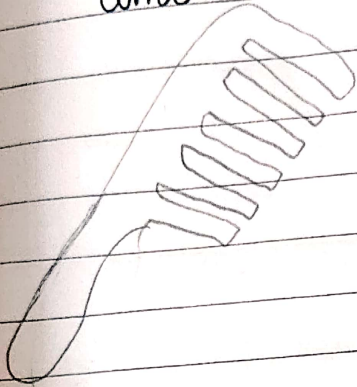


Day July

Lesson - 4 Keeping Clean, fit and healthy

Draw any two things that help us to keep our body clean.

comb



Soap



II Fill in the blanks.

1. We must always wear clean clothes.
2. We must always drink plenty of water everyday.

III Who am I?

1. I make your hair neat. I have many teeth but no mouth.

Ans Comb

2. You use me to dry your body after a bath. I am soft and fluffy.

Ans Towel

1) Answer the following

1. When should we brush our teeth?

ns We must brush our teeth in the morning and before going to bed at night.

2. Why should we exercise daily?

We must exercise daily to stay fit. It keeps our body strong and healthy.

3. Why should we eat healthy food?

Eating healthy food gives us energy and help us to grow.

V) Think and answer

What will happen if we do not exercise regularly?

If we do not exercise regularly we won't be able to keep our body and mind active

VI) Mind map

Keeping clean, fit and healthy



Keeping clean



Keeping fit



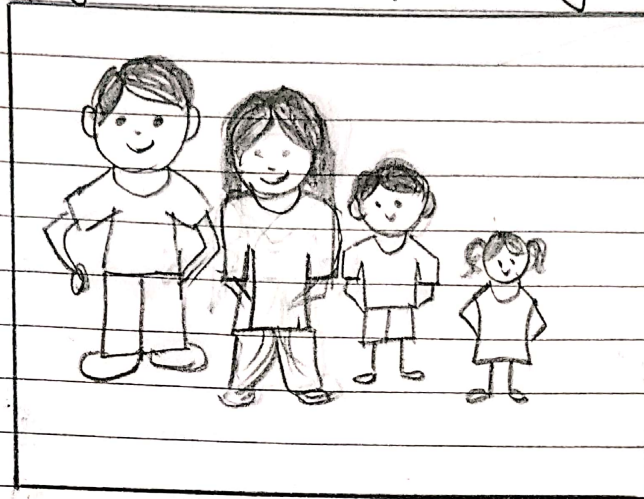
Staying healthy

h. sharma
21/7/25

Lesson-5

I Love my family

Draw any one type of family



Small family

II True or False

1. A Small family is also called a joint family.
- False
2. We should respect elders in our family. - True

III Match the following

1. Small family - only one parent (3)
2. Joint family - parents (1)
3. Single parent family - parents and grandparents

IV Answer these questions.

1. What is a small family?

A Small family has parents and one or two children.

Name the members of a large family.

Parents, grandparents and children living together make large family.

What do children learn from the family?

Children learn good manners and healthy habits from the family.

Mind Map

I love my family



Kinds of family



Members of a family



fun in the family.

L. Domathay
2/7/25