

Chapter- 4

My Body Needs Care

STUDY NOTES

Healthy habits to keep your body clean:

The healthy habits we should follow to keep us clean-

- 1. You must brush your teeth twice every day (Early in the morning and before going to bed)
- 2. You must take a bath every day.
- 3. You must wear clean clothes.
- 4. You must comb your hair every day.
- 5. You must wash your hands before taking food and after coming from the toilet.
- 6. You must eat fresh food and drink enough water.
- 7. You must trim your nails.
- 8. You must do exercise and play every day.
- 9. You must sleep well.

Things we use to keep our body clean:

- We use tooth brush and tooth paste to clean our teeth.
- We use soap to clean our body.
- We use shampoo and comb to clean our hair and make it tidy.
- We use handkerchief to clean our nose when we have cold.
- We use nail cutter to trim our nails.

A girl whose name is Farah and her daily activity:

- Let's know about her-



I am Farah.

I wake up early in the morning.
I brush my teeth first.
Then, I take a bath.
I put on my clothes.
I comb my hair.
Next, I have my breakfast.
Then, I leave for school.

MEMORY MAP



Let's Know More:

Q1. Answer the following.

(a) How many times should we brush our teeth in a day?

(b) Write any two good habits that you follow in your daily routine to take care of your body?

(c) Write any two good habits that you should follow with your meal?

(d) Write the name of two things that you use to clean your hair and make it tidy?

(e) When should you wash your hands?

Let's do:

Q2. Complete the sentences using the word from the picture and rewrite it.

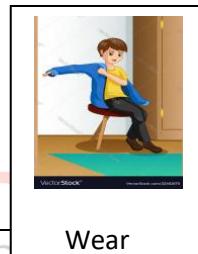
1-To keep my body clean:

(a) I must take a _____ everyday.

(b) I must _____ my teeth every day.



(c) I must _____ clean clothes.



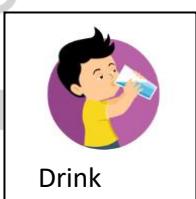
(d) I must _____ my hair every day.



2. To keep my body healthy—

(a) I must _____ well and

_____ water.



(b) I must _____ every day.

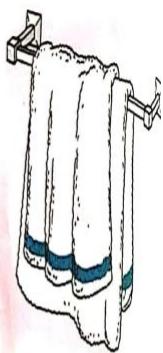
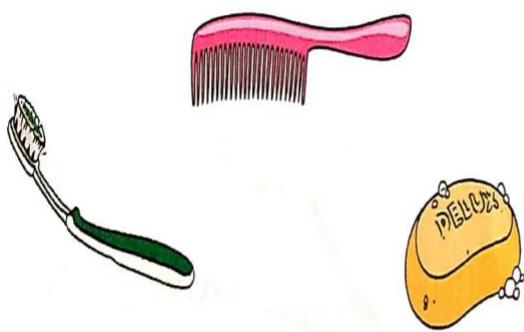


(c) I must _____ well.



Q3.

* In the space below, write what you use these things for. One has been done for you.



1. I use a towel to dry myself.

2. _____

3. _____

4. _____

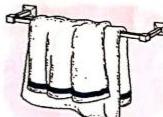
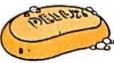
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GROUP
Tomorrow

Q4.

* Match the pictures in column A with those in column B.
Write complete sentences in your notebook. One has been done for you.

Example: To clean my teeth, I use a toothbrush.

A	B
	To clean my teeth, I use a comb. 
	When my hair is untidy, I use a toothbrush. 
	When my hands are dirty, I use a towel to dry myself. 
	When my nails are too long, I use a handkerchief. 
	When I have a cold, I use a nail-cutter to cut them. 
	When I am wet, I wash them with soap. 

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Teacher's note:

- In your scrapbook, paste the pictures of the things you use to keep your body neat and clean and write their names.

Improve your GK:

- Good habits should be part of our daily routine.
- Habit is what we do every day.
- We should learn polite words for saying such as—"Thank you", "You are welcome", "please", "sorry", "excuse me" and "good morning".

Answer key:

Q1.

- (a) two.
- (b) Taking bath everyday and brushing teeth.
- (c) Eat fresh food and wash your hands before and after eating food.
- (d) Shampoo and comb
- (e) Before and after eating food and after coming from the toilet.

Q2.

- Q1.(a) I must take a bath every day.
- (b) I must brush my teeth every day.
- (c) I must wear clean clothes.
- (d) I must comb my hair every day.

Q2.(a) I must eat well and drink water.

- (b) I must play every day.
- (c) I must sleep well.

Q3.

Changing your Tomorrow

- 1. I use a towel to dry myself.
- 2. I use a comb to comb my hair.
- 3. I use a brush to brush my teeth.
- 4. I use a soap to clean my body.

Q4.

- 1. To clean my teeth, I use a toothbrush.
- 2. When my hair is untidy, I use a comb.
- 3. When my hands are dirty, I wash them with soap.

4. When my nails are too long, I use a nail-cutter to cut them.
5. When I have a cold, I use a handkerchief.
6. When I am wet, I use a towel to dry myself.

