

St.Thomas School, Dhurwa, Ranchi

Third Term 20-21

Std -1, sub- Environmental Studies

Ch- 12 Personal Hygiene

Following exercises should be done in the EVS copy

I. Tick the correct answer:-

Q1. We should brush our teeth _____.

- (a) Once in a day (b) twice in a day ✓ (c) four times in a day (d) once in a week

Q2. We should not keep our nails _____.

- (a) dirty ✓ (b) short (c) clip (d) clean

Q3. We should keep our _____ clean.

- (a)house (b) school (c)neighborhood (d) all of the above ✓

Q4 .We should wear _____ clothes every day.

- (a) Neat and clean ✓ (b) dirty (c) fancy (d) new

Q5. We should cover our cough and _____ with a tissue.

- (a) Mouth (b) food (c) sneeze ✓ (d) face

II. Answer the following questions:-

Q1. What do you mean by personal hygiene?

Ans-Personal hygiene means taking care of our body and keeping it clean to stay healthy.

Q2.List any four ways to keep our body clean.

1. We should brush our teeth twice a day.
2. We should take bath daily.
3. We should wear neat and clean clothes.
4. We should keep our nails short and clean.

Q3.List three healthy habits.

Ans I. We should wipe our running nose with a clean tissue.

II. We should cover our sneeze or cough with a tissue.

III.We should wipe our mouth after eating or drinking.

Following work should be done in the EVS text book. Page no. 80

A. Fill in the blanks:-

1. Throw the litter in the dustbin.
2. Wash your hands with soap.
3. Brush your teeth twice a day.
4. Cover your cough with a tissue.
5. You should take bath daily.

B. Tick (✓) the correct answer and cross (×) the wrong ones :-

1. Keeping your body clean keeps you healthy. ✓
2. Brush your teeth at least once in a week. ×
3. Wash your hands after touching a pet dog. ✓
4. Keep your nails short and clean. ✓
5. Hands need not to be washed after eating food. ×

Following work should be done in the EVS worksheet Ch-12 page no. 27

Q3. Fill in the blanks:-

- a. Personal hygiene means taking care of our body
- b. Keeping our body clean keeps us healthy.
- c. Brush your teeth twice a day.
- d. Take bath daily
- e. Keep your nails short and clean.

Q 4. To be done by the students themselves.

Q.1 and Q.2 (write from the Q/A given above)

Q5. Match the following by drawing lines. Page no. 28

1. Not brushing our teeth -----Bad habit.
2. Taking bath daily -----Good habit.
3. Going outside bare foot -----Bad habit.
4. Not washing your hair regularly ---- Bad habit.
5. Wearing neat and clean clothes ---Good habit.
6. Washing hands before eating food –Good habit.
7. Having long nails ---- Bad habit.
8. Not washing hands after touching a pet – Bad habit.

