

**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.

