

Worksheet 1

A. Number these sentences in the correct order.

When Rajni gets up in the morning, she

- 4 wears clean clothes.
- 1 brushes her teeth.
- 3 wipes herself with a clean towel.
- 2 takes bath with soap and water.

B. Draw a 😊 for the right actions. Draw a ☹️ for the wrong actions.

- 1. I use a dirty towel to wipe myself.
- 2. I brush my teeth twice a day
- 3. I comb my hair daily



C. Tick (✓) the correct answers.

To keep ourselves clean

- 1. we should eat
 - a. from our own plate.
 - b. on our own bed.
- 2. we should drink
 - a. with our own hands.
 - b. from our own glass.
- 3. we should
 - a. bite our nails.
 - b. clip our nails.
- 4. we should
 - a. not cover our mouth while coughing.
 - b. cover our mouth while coughing.



Worksheet 2



A. Fill in the blanks. Choose words from the box.

twice sweat wash clean bath

1. Dust and Sweat make our body dirty.
2. Take a bath every day.
3. Wear clean clothes.
4. Brush your teeth Twice a day.
5. Wash your hair regularly.

B. Match the columns.

- | | |
|-------------------|----------------|
| 1. nail clipper | a. teeth (3) |
| 2. soap and water | b. hair (4) |
| 3. toothbrush | c. nails (1) |
| 4. comb | d. dustbin (5) |
| 5. waste | e. bath (2) |

C. Write C for clean and NC for not clean.

1. Sudha washes her hands with soap and water before and after eating anything. C
2. Ayush does not rinse his mouth after eating. NC
3. Salma washes her hair regularly. C
4. Karan cleans his ears once a week. C
5. Anne does not use a clean comb. NC