

CHAPTER 1

TAKING CARE OF MY BODY

Q1. Key words :-write down from your book.(page no. 7)

Q2. Complete the following sentences

1. Good personal hygiene keeps me healthy and clean.
2. We must cover our mouth while coughing and sneezing.
3. We should drink a good amount of water everyday .
4. It is necessary to have a sleep of eight to nine hours daily.
5. We must care of our nails by clipping them regularly so that the dirt does not gather inside.