

CHAPTER 1

Taking care of my body

Key Words

Infection : passing on disease causing germs

Nutritious : healthy

Hygiene : daily habit of keeping oneself clean and healthy

Germ : disease causing small living beings



Q Write true or false :

1. Do not floss your teeth after having chocolates. (false)
2. Combing is good when the hair is wet. (false)
3. Fruits and vegetables are good for health. (true)
4. Physical activities make us weak. (false)