

Lesson: 8: KEEPING ONSELF CLEAN, SAFE AND HEALTHY

I. State whether true or false

1. Being safe means to stay away from any kind of danger. _____
2. We should open the door of our house for strangers. _____
3. We must not run on the stairs and corridors of our school. _____
4. We should talk to strangers and take things from them. _____
5. A good touch makes us feel safe and comfortable. _____

II. Unscramble the words using the hints.

1. PLETEM _____ (People go here to pray)
2. SHOLOC _____ (We go here to learn new things)
3. LHOSIPTA _____ (We go here to see a doctor)
4. MKAERT _____ (We go her to buy things)
5. ABKN _____ (It keeps our money and valuable things safely)

III. Tick the correct option

1. We should throw a banana peel in the
a. green dustbin b. blue dustbin
2. We should not play with a
a. knife b. doll
3. Exercise makes our
a. hair strong b. muscles strong
4. Our body requires at-least 8 hours of
a. rest b. exercise

IV. Fill in the blanks

1. Never touch electrical points with hands.
2. helps to recover a tired body.
3. should be covered.
4. Never touch electrical points with hands.
5. We should _____ our nails regularly.

V. Write true or false for the following

- 1. The house should have clean bathrooms. _____
- 2. Household garbage should be thrown on the road side. _____
- 3. Glass and plastic bottles should be thrown in the green bin. _____
- 4. Never spit in the open. _____

VI. Answer the following questions

1. List two ways to be safe at home

2. Write two ways to keep your surroundings clean?

3. Write two ways to keep your house clean?

VII. How do you take care of your personal hygiene? Fill in the blanks to answer these questions.

1. I use a _____ and a _____ to clean my teeth.
2. I use _____ to clean and wash my body.
3. I trim my nails with a _____ every week.
4. I wear _____ clothes after taking a bath.
5. I wash my hair with _____ every two days.

