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Assignment
C. V. S - Class II
Number - 3

L-2 Cleanliness

A. Choose and write the correct word from the bracket and fill in the blanks.

1. I eat food which is good for health.
(good, bad)
2. I breathe clean air. (dirty, clean)
3. I ~~go~~ to sleep early. (early, late)
4. I brush my teeth twice a day. (week, day)
5. I keep my back straight at all times.
(bent, straight)

B. Match the columns -

- | | |
|----------------------|-------------------|
| 1. Nails | - short and clean |
| 2. Rinse mouth | - after eating |
| 3. Wash hands | - before eating |
| 4. Rest | - when tired |
| 5. Happy and smiling | - always |

C. Fill in the blanks -

1. Eat food which is good for health.
2. Keep your nails short and clean.
3. Do not put anything into your ears.
4. Junk food is very bad for health.

D. Name the following -

1. Name two junk food

A. Pizza, Burger

2. Name two healthy food.

A. Milk, Vegetables

3. Name two things we need to keep clean.

A. Soap, Shampoo

NOTE - Do this work in E.V.S classwork copy.

Keeping clean

Circle the things the boy in the poem should have used, or done, to stay clean.



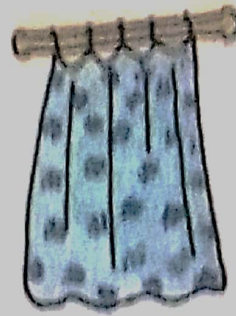
soap



salt



needle and thread



curtain



clean clothes

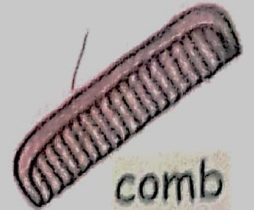


red paint

towel



water

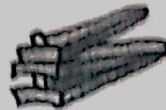


comb

haircut



nail cutter



shampoo



button

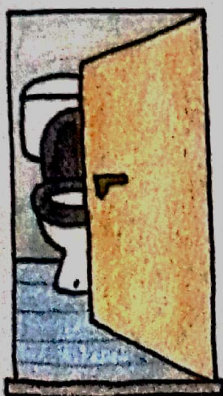
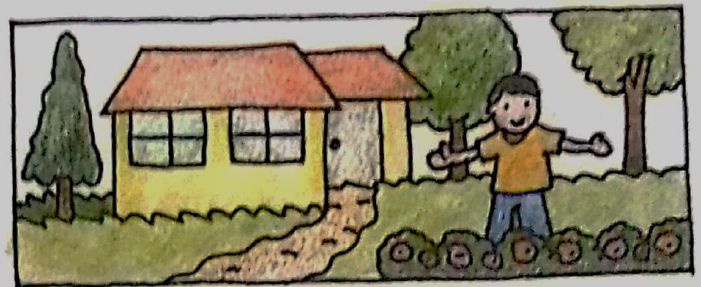


Do you also use them?

You need to stay clean otherwise you can get sick.

You need to keep both the outside and the inside of the body clean.

The words you have circled above show the things which can clean the outside of the body.

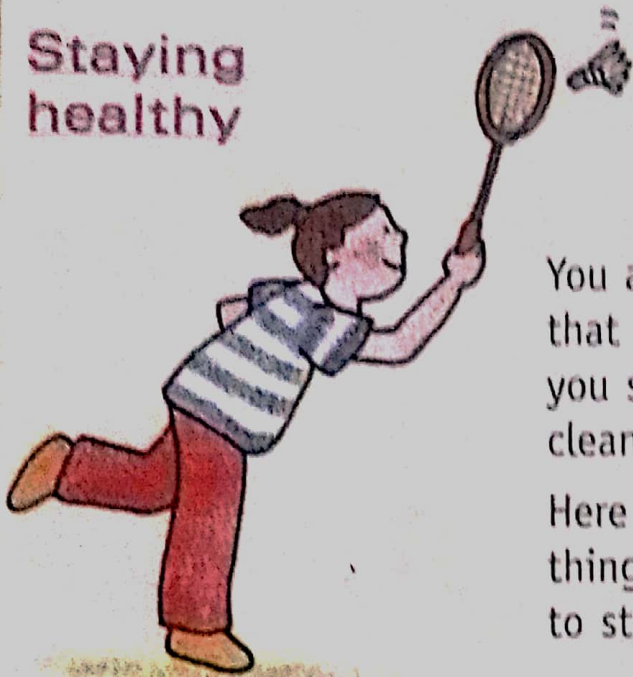


Here are some things you can do to keep the inside of the body clean:

- ★ Eat clean, fresh food.
- ★ Drink a lot of clean water.
- ★ Breathe clean, fresh air.
- ★ Go to the toilet regularly.



Staying healthy



You already know that to stay healthy, you should stay clean.

Here are some more things you should do to stay healthy.

Early to bed
Early to rise
Makes a man healthy,
Wealthy and wise.

• What do you think this means?



• Does it help only a man?

Play and exercise regularly.



Take enough sleep and rest.



Do not eat junk food. Junk food is very bad for health.



Always be happy and smiling.



Eat food which is good for health.

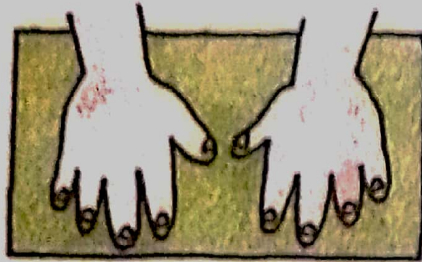


Keep your back straight.

Read in good light.
Do not keep your book too close to your eyes.



Wash your hands before eating.



2. Keep your nails short and clean.



Rinse your mouth after every meal.



3. Do not put anything into your ears. Clean your ears with a clean towel.

Wear clean clothes.



Write the name of one more thing which you think is important for staying clean and healthy.

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Teacher's note: 1. While teaching this page, discuss the reasons for the rules/precautions given here. 2. Let the children come up with one (or more) original or individual rule or precaution. Discuss these also in class.