



LITTERA PUBLIC SCHOOL

CLASS I

CHAPTER 10 KEEPING CLEAN

SCIENCE

We must look after our body. It should be kept clean, healthy and strong. We should follow good habits to stay healthy and clean.

Healthy habits :-

- Brush your teeth twice a day.
- Take a bath daily.
- Wash your hands before and after taking meals.
- Drink plenty of clean water.
- Do some exercise daily.
- Take sleep for at least 8 to 9 hours everyday.
- Eat clean and fresh food.



Some exercises :-

Exercise daily to keep your body and mind active and healthy. Some other exercises include walking, skipping, jogging, and doing yoga.



Skipping



Dancing



Jogging



Swimming

Health is wealth. We should keep our self fit and healthy.

- To remain fit and healthy,we must follow some healthy and clean habits .
- We must eat healthy food .
- We should take rest and sleep to keep ourselves fit and healthy.
- Exercises and play make our body strong and fit.
- Good habits keep us healthy.