



INDIAN SCHOOL NIZWA - WORKSHEET

EVS CH:5- GOOD HABITS

Name: _____

Date: _____

Class: II Sec: _____

I Fill in the blanks correctly with the words given below :

(night straight water good everyday eight God dim morning healthy)

- 1 We should wake up early in the _____.
- 2 Exercise makes our body _____ and strong.
- 3 Take a bath _____.
- 4 We should sleep early at _____.
- 5 Keep your back _____ while sitting and standing.
- 6 We should sleep for at least _____ hours everyday.
- 7 We should drink plenty of _____.
- 8 To be healthy, we must follow _____ habits.
- 9 We should not read in _____ light.
- 10 Our body is a gift of _____.

II Answer the following:

1. Write any two good habits?

Ans 1. _____

2. _____

2. Why should we play regularly?

Ans _____

3. What will happen if we wear dirty clothes?

Ans _____



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III Tick (✓) the correct word:

1. We (should/should not) eat healthy food.
2. We (should/should not) drink plenty of water.
3. We (should/should not) always brush our teeth after eating.
4. We (should/should not) watch too much T.V.
5. We (should/should not) insert sharp objects in our ears and nose.
6. We (should/should not) touch our eyes with dirty hands.

IV Match the following:

- | | |
|--------------------------|-------------------------|
| 1. Yellow teeth | Use handkerchief |
| 2. Long, dirty hair | Wash and iron |
| 3. Black nails | Brush properly |
| 4. Dirty clothes | Cut short and shampoo |
| 5. Coughing and sneezing | Cut using a nail cutter |