



EVS
CH:12 GOOD HABITS

Name: _____

Date: _____

Class: I Sec: _____

I. **Answer the following:**

1. Where do we learn good habits?

Ans. _____
_____.

2. Write any two good habits.

Ans. _____
_____.

3. Why should we learn good habits?

Ans. _____
_____.

II. **Fill in the blanks:**

(clothes sleep water fruits air)

1. Drink clean _____.

2. Wear clean _____.

3. Wash _____ before eating.



INDIAN SCHOOL NIZWA - WORKSHEET

4. Breathe in fresh _____.

5. Take rest and _____ well.

III. Match the following:

- | | |
|----------------|----------------------------|
| 1. Exercise | a. before and after eating |
| 2. Brush teeth | b. good food |
| 3. Wash hands | c. on time |
| 4. Eat | d. morning and at night |
| 5. Sleep | e. daily |

IV. Colour the picture:

I Will Take Care of My Body

