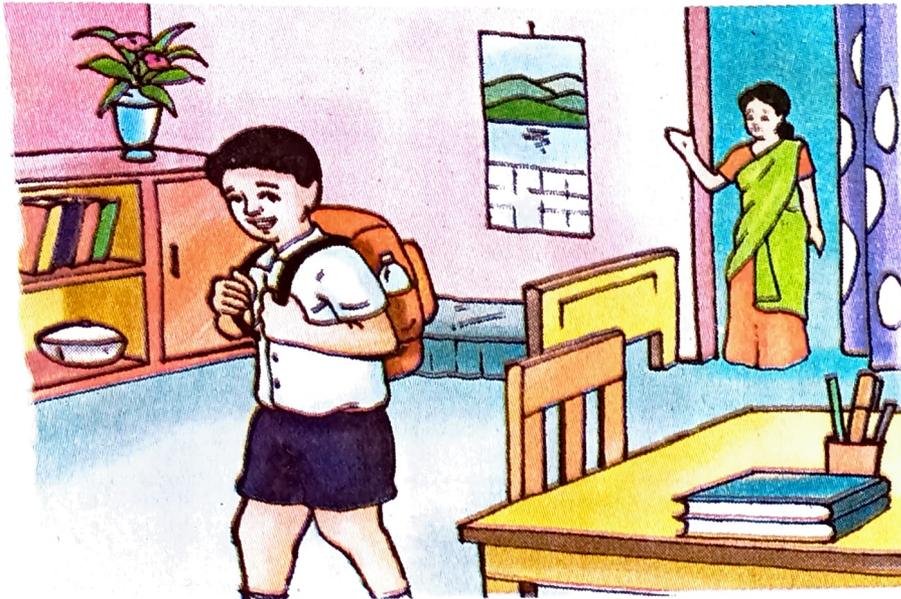


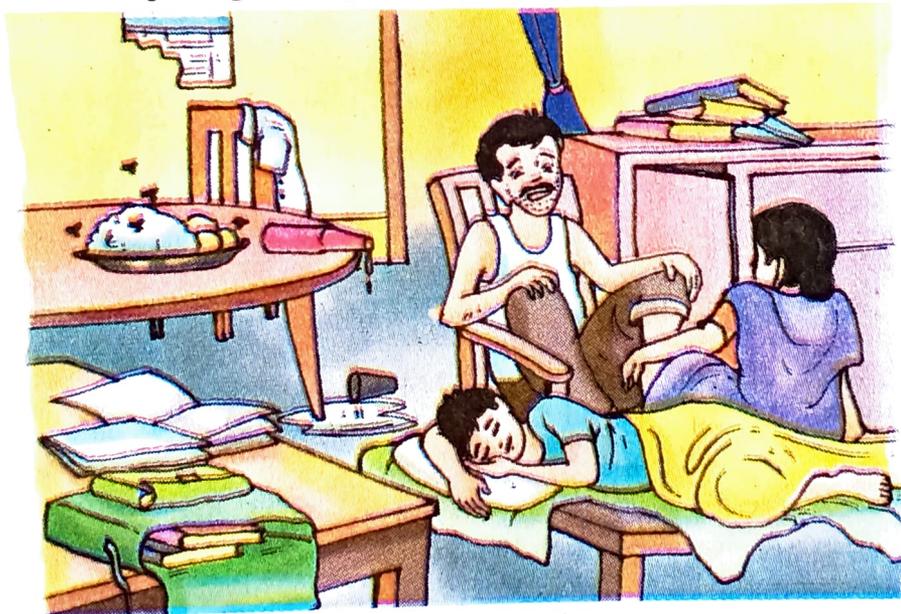
Lesson 4

Keep Healthy

Look at the pictures given below. Find out the differences in them:



Raj is getting ready to go to school.



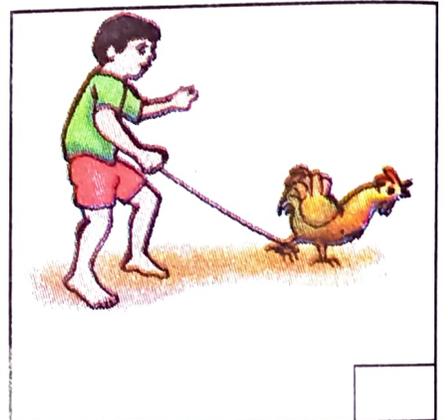
Joy won't go to school because he is ill.

Work in pairs. Ask each other:

Which picture do you like and why do you like it?

ACTIVITIES

1. Look at the pictures. Put a tick (✓) or cross (×) on the box to show what you should do or what you should not do:



2. Let's sing:



Brush, brush, brush your teeth,
Brush them every day.
Father, mother, brother, sister,
Brush them every day.

Comb, comb, comb your hair
Comb it every day.
Father, mother, brother, sister,
Comb it every day.



Wash, wash, wash your face
Wash it every day.
Father, mother, brother, sister,
Wash it every day.



brush, comb, wash,
face, teeth, hair

3. Let's be healthy:



Wash your hands before a meal.



Wash fruits and vegetables before you eat.



Clip your nails.



Have a bath every day.



Keep your playground clean.



Throw garbage in the dustbin.

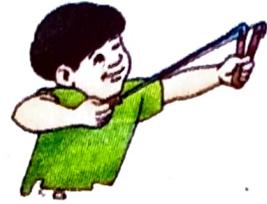
4. Work in pairs. Ask each other:

- (a) Do you wash your hands before eating?
- (b) Do you throw garbage in the dustbin?

5. Look at the pictures and listen:



This is Dhanti. He is very neat and tidy. He obeys his parents.



That is Joy. Joy is Dhanti's brother. He is very naughty. He does not obey his parents.



Dhanti washes his hands with soap before eating.



Joy never washes his hands before eating.



He drinks water from the water filter. He eats food that is covered.



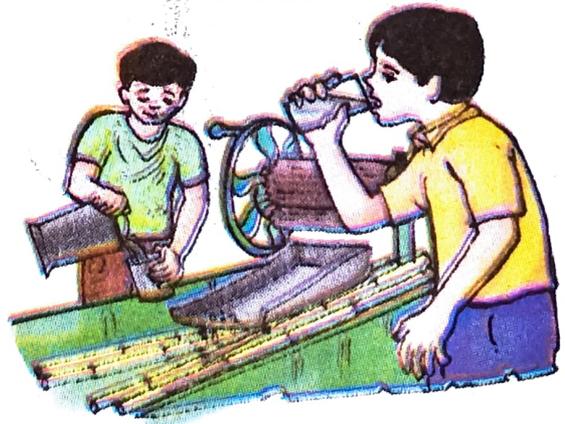
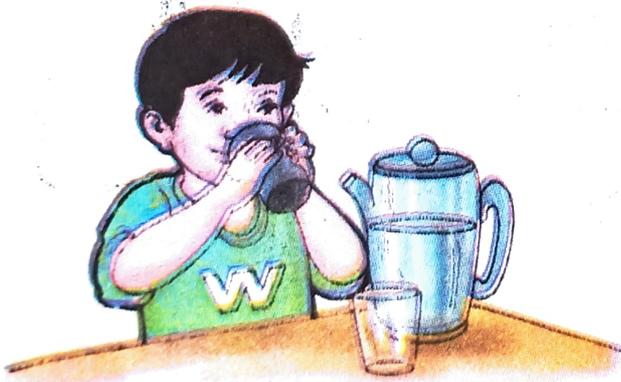
Sometimes Joy eats uncovered food. So, one day he fell ill. The doctor gave him an injection and some medicines.

6. Read what the doctor told Joy:

- Drink pure water.
- Have a bath everyday.
- Wear clean clothes.
- Wash your hands before eating.
- Wash your hands with soap after using the toilet.
- Don't eat uncovered food.



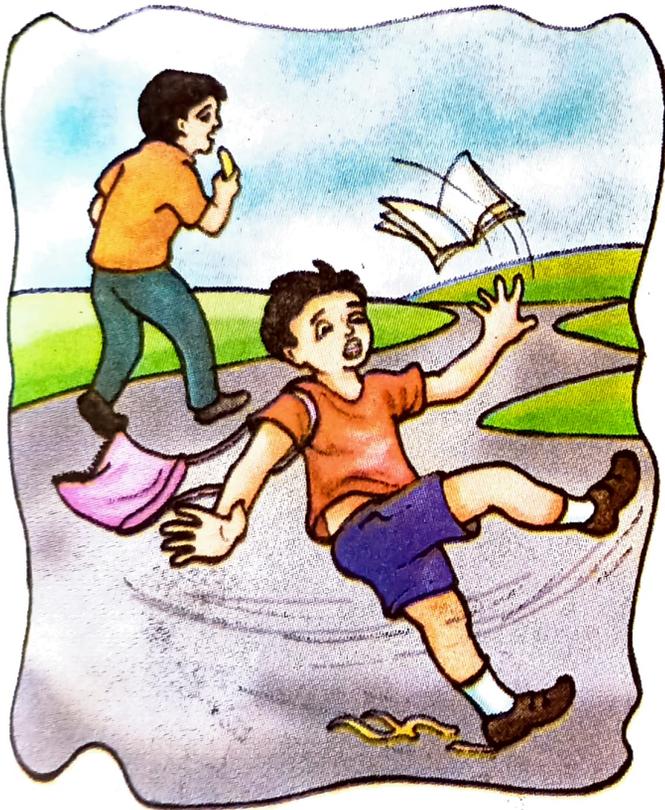
7. Let's say which is healthy. Put a tick (✓) or cross (×) for your answer:



8. Work in small groups. Ask each other:

- (a) When do you wash your hands?
- (b) Where do you throw garbage at home?
- (c) Where do you throw banana peels?

9. Let's talk about the pictures:



10. Read as fast as you can:

Brinda brought a brush, bread and butter from Brajen's shop.

11. Neetu's teachers like him. He is very neat and tidy. Read what

Neetu says:

I wash my hands with soap.

I wash my hair with shampoo.

I wear clean clothes.

I blow my nose with a handkerchief.

I like to be neat and tidy.



Work in pairs. Take turns to say these words as fast as you can:



neat Neetu

blue balloon

wash with water

clean clothes

dirt in the dustbin

shine with soap



12. Let's recite:

Chubby cheeks, dimple chin,

Rosy lips, teeth within,

Curly hair, very fair,

Eyes are blue, lovely too,

Teacher's pet, is that you?

13. Read what Neeta's friend Neetu says:

A toothbrush is to clean your teeth.

A hairbrush is to tidy your hair.

A paintbrush is to paint.

I use a toothbrush to brush my teeth clean.

I use a hairbrush to tidy my hair.

I use a paintbrush to paint a wall.



14. Look at the pictures and arrange the letters to form words you have learned:



eteht

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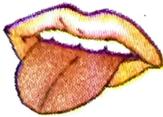
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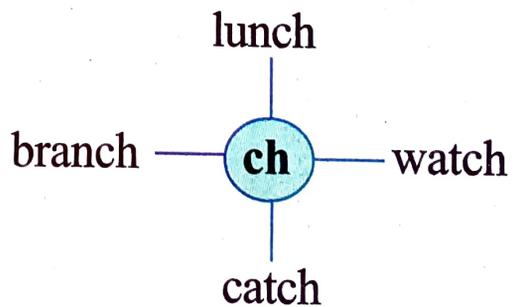
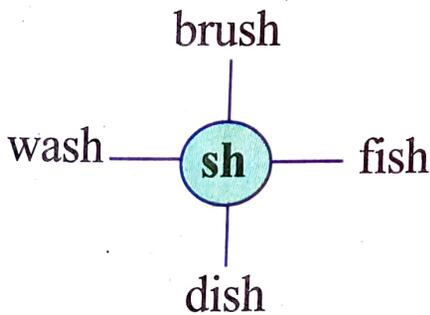
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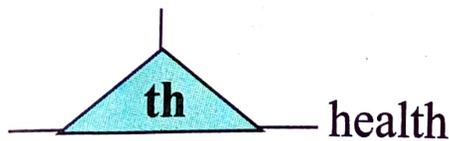
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15. Read:



Now, find out words that end in -th:



16. Role play:

What's the time?



It's 10 o'clock.

Could you please tell me the time?



Sure. It's half past four.

What time do you go to school?



I go to school at 8 o'clock.

What time do you go to bed?



I go to bed at half past nine.

17. Look at the clocks to tell the time. Listen and repeat:



eight o'clock



twelve o'clock



half past three



half past six



a quarter past three

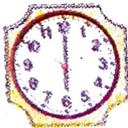


a quarter past six

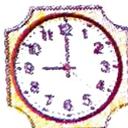
18. Match the sentences with the time in the clocks:



It is 9 o'clock.



It is 10 o'clock.



It is half past ten.



It is 6 o'clock.



It is 2 o'clock.

19. Let's recite:

Early to bed and
Early to rise
Makes one
Healthy, wealthy and wise.

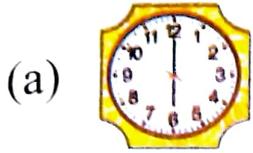


early, rise, wise, healthy, wealthy

20. Look at the pictures below and number them in the correct order:



21. Look at the pictures and complete the sentences:



(a) Monti gets up at.....



(b) Monti and Joy go to school at.....



(c) Monti goes to sleep at.....



(d) Monti's mother goes to work at

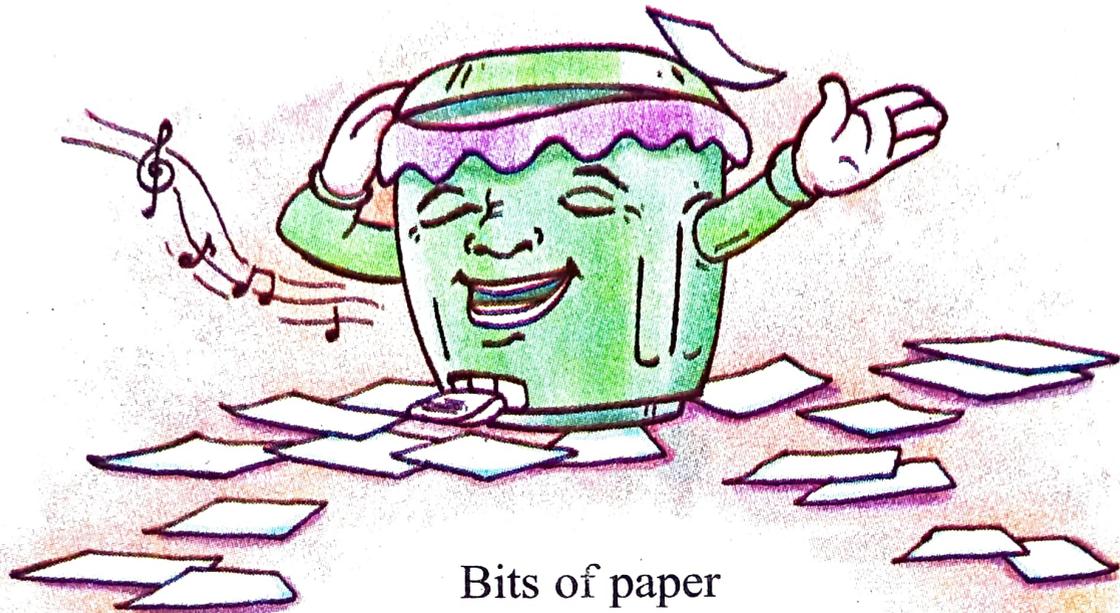


22. Read and put a tick(✓) for your answer:

About me	every day	sometimes
I brush my teeth		
I have a bath		
I wash my hair		
I clip my nails		
I change my clothes		
I use a handkerchief		
I comb my hair		
I wash my hands before eating food		
I use water in the toilet		
I use soap		

23. Let's recite or sing:

Bits of Paper



Bits of paper
Bits of paper
Lying on the floor
Lying on the floor
Make the place untidy
Make the place untidy
Pick them up
Pick them up.

24. The word 'pick' rhymes with 'tick' and the word 'up' rhymes with cup. Now, write the rhyming words for each of the following. You may take help of the words in the box:

(a) make _____

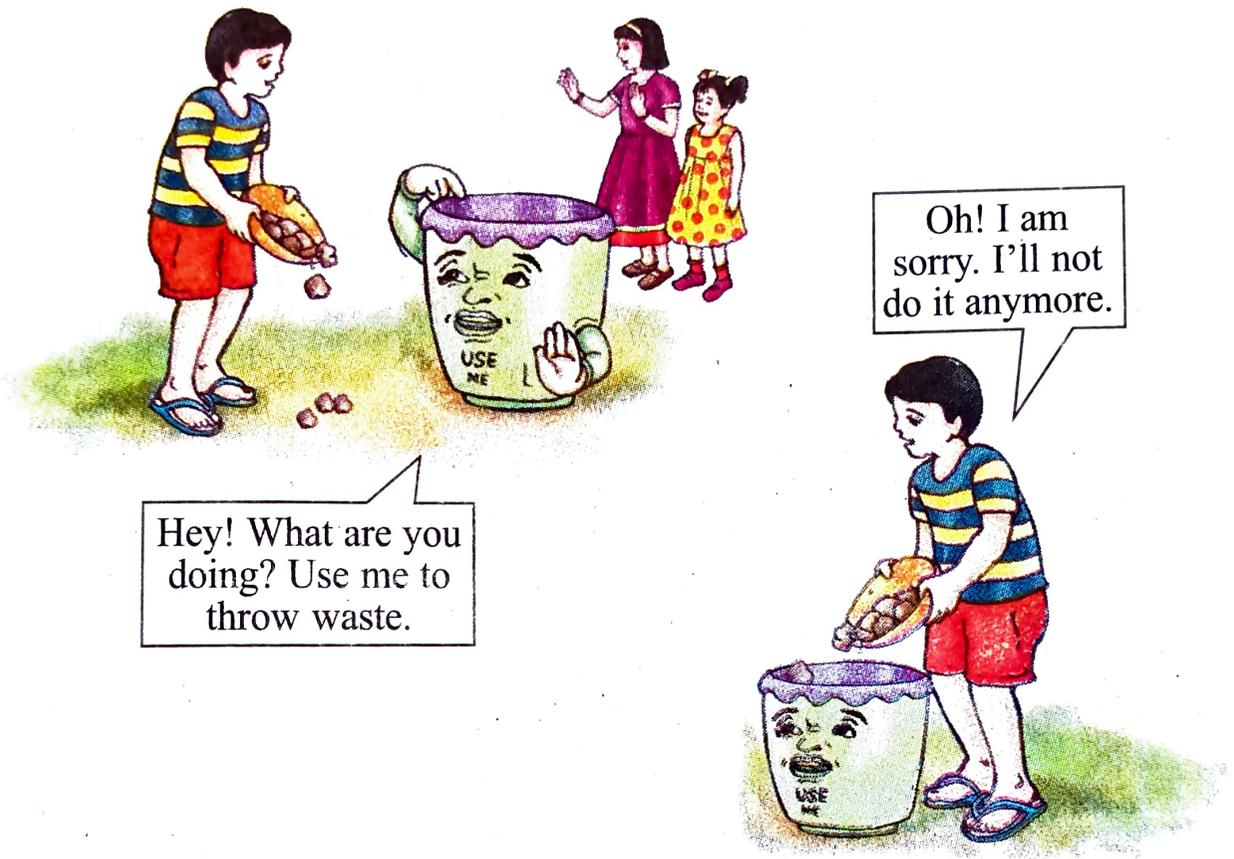
(b) floor _____

(c) place _____

(d) lying _____

flying	take
door	trace

25. Let's read:



Let's talk:

Where do we throw waste ?

26. Write 'Yes, I do' or 'No, I don't':

- (a) Do you throw waste here and there ?.....
- (b) Do you wash your hands before eating?.....
- (c) Do you wash fruits before eating?.....
- (d) Do you eat uncovered food?.....
- (e) Do you brush your teeth twice a day?.....