

Healthy Habits

for a

Happy Body



LEARNING GOALS



Learn healthy habits



Keep body parts clean



Stay active and fit



Our body helps us play, study, and enjoy life. We must take care of our body every day to remain healthy and strong.



Eyes

Eyes help us see.

Eye Care

- Wash eyes with clean water.
- Do not touch eyes with dirty hands.
- Read in proper light.
- Eat healthy food like carrots.



Ears

Ears help us hear sounds.

Ear Care

- Keep ears clean.
- Never put sharp objects inside ears.
- Avoid loud sounds.
- Tell elders if ears hurt.





Nose

The nose helps us smell and breathe.

Nose Care

- Use a handkerchief while sneezing.
- Keep fingers away from the nose.
- Keep surroundings clean.



Teeth

Teeth help us chew food.

Teeth Care

- Brush teeth twice a day.
- Rinse mouth after eating.
- Use a soft toothbrush.
- Avoid eating too many sweets.



Tongue

The tongue helps us taste food.

Tongue Care

- Clean tongue daily.
- Drink enough water.
- Eat fresh food.





Skin

Skin protects our body from heat, cold and germs.

Skin Care

- Bath daily with soap.
- Wear clean clothes.
- Drink plenty of water.
- Eat fruits and vegetables.
- Keep nails short and clean.



Hands

Hands help us to work, play and do many things.

Hand Care

- Wash hands before eating.
- Wash hands after using the toilet.
- Keep nails short.
- Do not bite nails.



Feet

Feet help us to walk, run and jump.

Foot Care

- Wash feet daily.
- Wear clean socks and shoes.
- Keep toe nails short.
- Do not walk barefoot outside.





Hair

Hair protects our head and makes us look neat.

Hair Care

- Wash hair regularly.
- Comb hair daily.
- Keep hair clean and tidy.
- Eat healthy food for strong hair.
- Do not use others' comb or towel.



Sleep

Sleep gives our body rest and makes us fresh.

Sleep Care

- Sleep for 8–10 hours daily.
- Go to bed early and wake up early.
- Do not use mobile or TV before sleep.
- A good sleep keeps us healthy and happy.



Exercise

Exercise keeps our body strong and fit.

Exercise Care

- Exercise or play daily.
- Do yoga and stretches.
- Drink plenty of water.
- It helps us stay active and disease-free.





Good Habits

Healthy Life!

Good habits keep us healthy and help us grow. ❤️



Eat Healthy Food



Eat fruits, vegetables, and home-cooked food.

Drink Plenty of Water



Drink 6–8 glasses of water every day.

Keep Clean



Take bath daily and wash your hands.

Brush Your Teeth



Brush teeth twice a day for a bright smile.

Get Enough Sleep



Sleep for 8–10 hours every night.

Exercise Daily



Exercise or play daily to stay strong and fit.

Keep Nails Short



Cut nails regularly and keep them clean.

Stay Away from Germs



Do not touch your face with dirty hands.

Be Happy



Stay positive and laugh every day.

❤️ Follow these habits every day and enjoy a healthy, happy life! ✨



EXERCISE TIME



A. Tick (✓) the good habits and cross (✗) the bad habits.



B. Fill in the blanks using the help box.

skin ears tongue hands teeth
eyes nose hair legs feet

- We see with our .
- We hear with our .
- We smell with our .
- We taste with our .
- We hold things with our .



- Our protect our body.
- Our help us walk.
- We stand on our .
- Our help us chew food.
- Our keeps us neat.



C. Match the following.

- | | | | |
|----------|---|---|----------------------|
| 1. Eyes | ● | ● | Help us see. |
| 2. Nose | ● | ● | Help us smell. |
| 3. Teeth | ● | ● | Help us chew food. |
| 4. Hands | ● | ● | Help us hold things. |
| 5. Legs | ● | ● | Help us walk. |

D. Circle the correct answer.

- We should wash our hands:
 - before eating
 - after playing
- We should brush our teeth:
 - once a day
 - twice a day
- We should sleep for:
 - 5–6 hours
 - 8–10 hours
- We should drink:
 - less water
 - plenty of water



E. Write 'T' for True and 'F' for False.

- We should cut our nails regularly.
- We should eat junk food every day.
- Exercise keeps us healthy.
- We should not use mobile before sleep.
- Taking bath keeps our body clean.
- We should drink plenty of water.



Good habits today, healthy life always!

