

Welcome



Chapter :7

Health and Hygiene

Health is a state of well being of the mind and body



Eat Healthy and nutritious food at fixed time



Physical exercise helps us to keep our bones and muscles strong



We should sleep at least for eight hours



We should not watch TV for long hours



keep our mind healthy by praying
and thanking



Politeness helps us win many friends



HYGIENE

- ▶ **Hygiene is the daily practice of maintaining cleanliness**

We must take bath every day



We must brush our teeth twice daily



We must wash our hands before and after eating food



We must keep our nails clean



It is important to keep our surroundings clean



We should not throw rubbish or
garbage on the road



THANK YOU

