



Personal Cleanliness - taking care of our body

A. Choose the Correct Answer:

1. What should we do before eating food?

- a) Play with dirty hands b) Wash our hands with soap and water
- c) Wipe our hands on our clothes d) Share food without washing hands

2. Which of the following is a good personal cleanliness habit?

- a) Brushing teeth twice a day b) Wearing dirty clothes
- c) Sleeping without washing face d) Skipping baths

3. What helps to keep our nails clean and prevent germs from spreading?

- a) Cutting nails regularly b) Painting nails with colorful polish
- c) Biting nails d) Ignoring nail care

B. Fill in the Blanks:

1. We should brush our _____ twice a day to keep them clean.
2. It is important to take a _____ daily to stay fresh and remove dirt.
3. Wearing clean _____ helps us stay healthy and comfortable.

C. Case Study:

Ria and her brother Ravi follow different cleanliness habits.

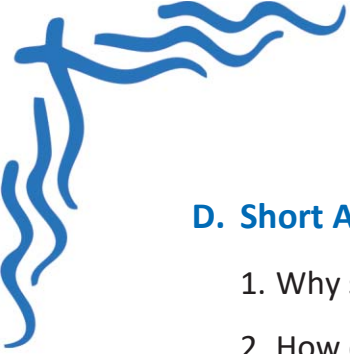
- Ria brushes her teeth twice a day, takes a bath every morning, and wears clean clothes. She also washes her hands before meals.
- Ravi sometimes forgets to brush his teeth, does not wash his hands before eating, and rarely cuts his nails.

After a few weeks:

- Ria remains healthy and active.
- Ravi starts experiencing stomach aches and tooth pain.

Case Study Questions:

1. What cleanliness habits helped Ria stay healthy?
2. Why did Ravi face stomach aches and tooth pain?
3. What should Ravi do to improve his personal cleanliness?
4. Why is washing hands before eating important?



D. Short Answer Questions:

1. Why should we cut our nails regularly?
2. How does brushing our teeth twice a day help us?
3. What should we do if we get a small cut or wound?

E. Long Answer Questions:

1. Explain why personal cleanliness is important for staying healthy.
2. Describe five good personal hygiene habits and how they protect us from diseases.
3. Write about your daily routine and mention the personal cleanliness practices you follow.