

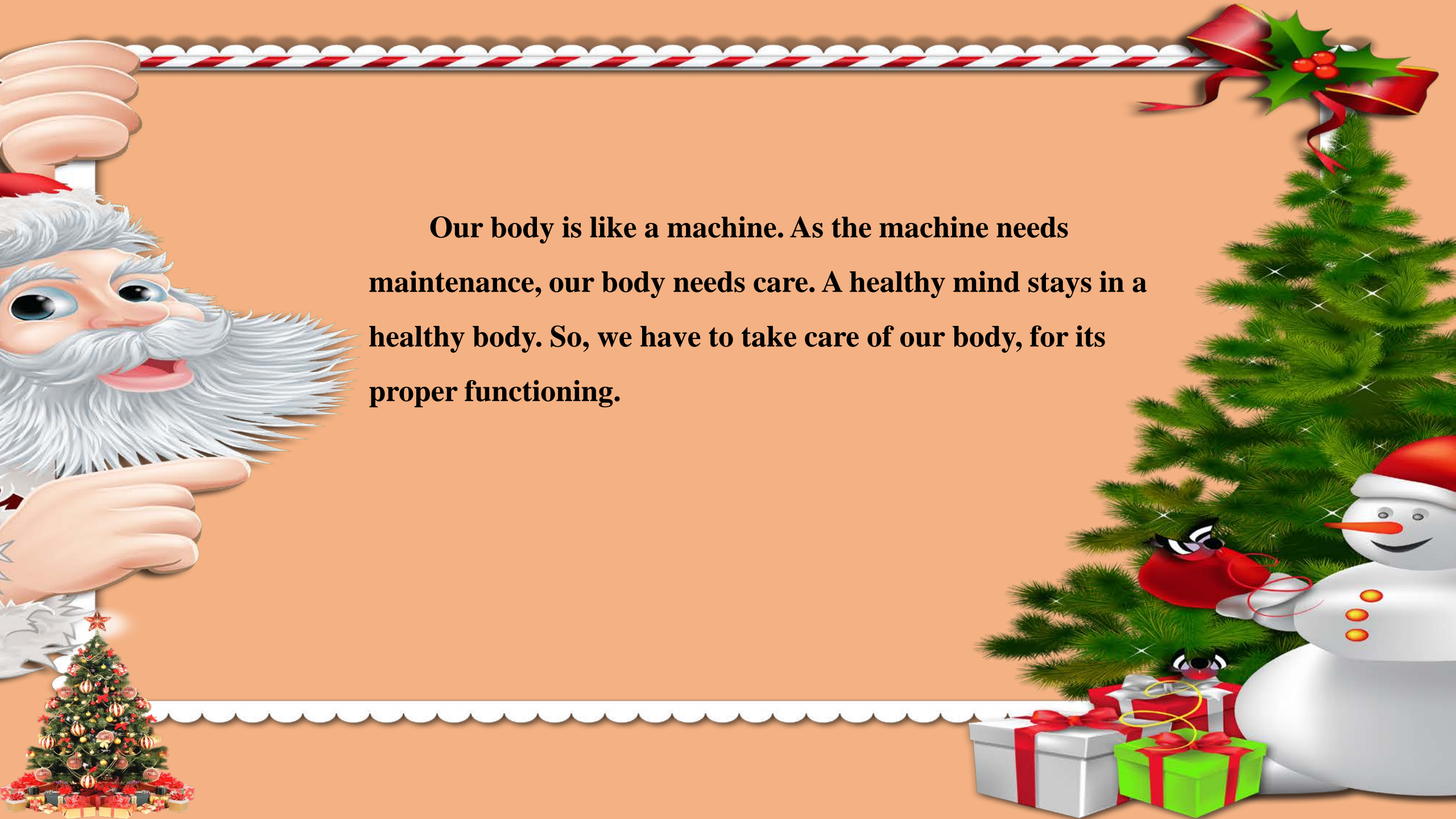
Chapter – 6 Looking After Ourself

Class -2

E.V.S



Our body is like a machine. As the machine needs maintenance, our body needs care. A healthy mind stays in a healthy body. So, we have to take care of our body, for its proper functioning.





KEEP YOUR BODY CLEAN

**Always keep your body
clean. Take a bath regularly.
Brush your teeth daily.**





Exercise

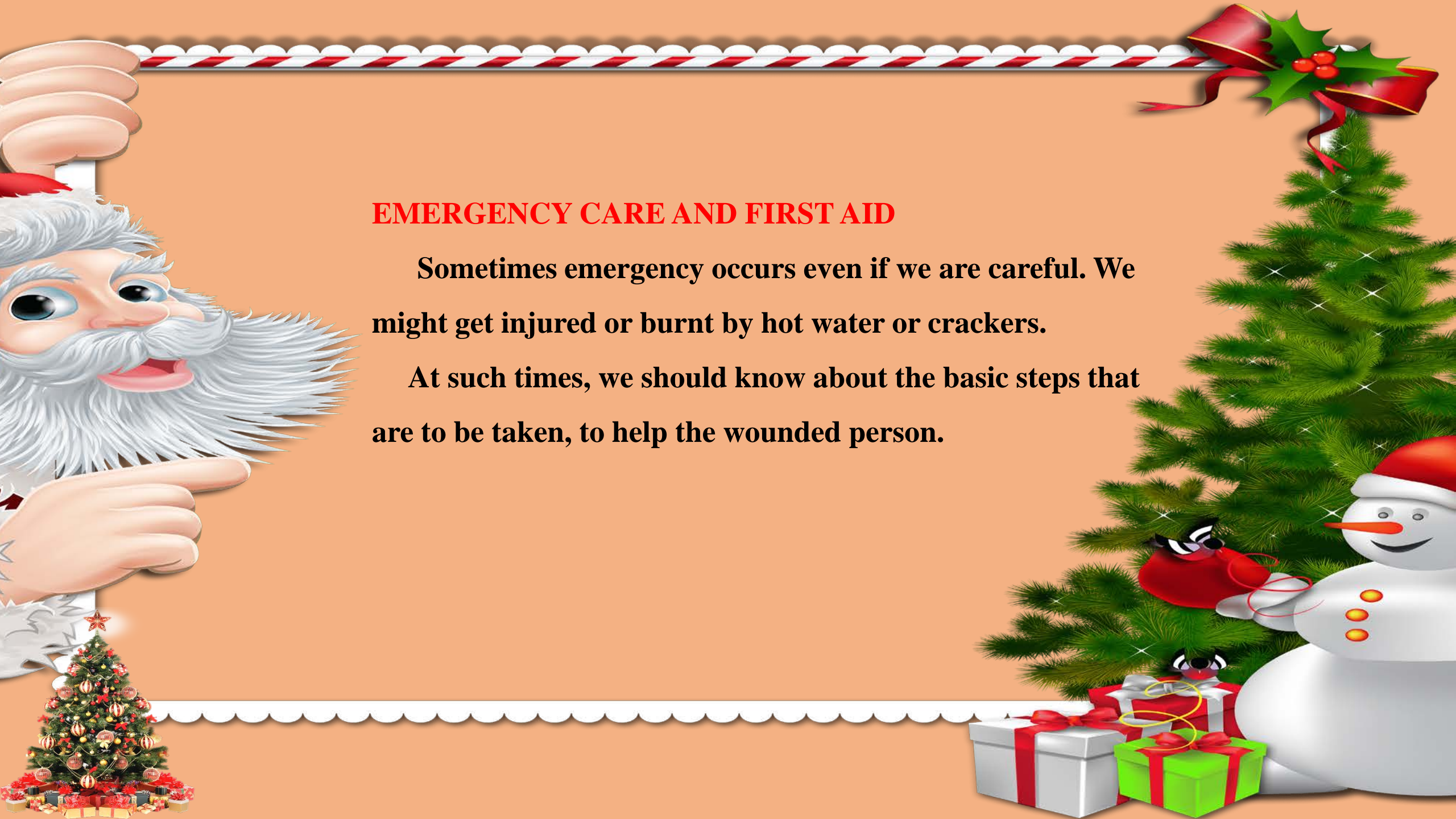
**Playing and doing exercise
regularly, also keep us healthy and fit.**





Eat Healthy Food

- **Drink lots of water.**
- **Eat fresh fruits and salads.**
- **Eat cereals and green vegetables.**
- **Avoid eating junk food.**
- **Drink a glass of milk everyday.**
- **Eat your meals at a proper time.**

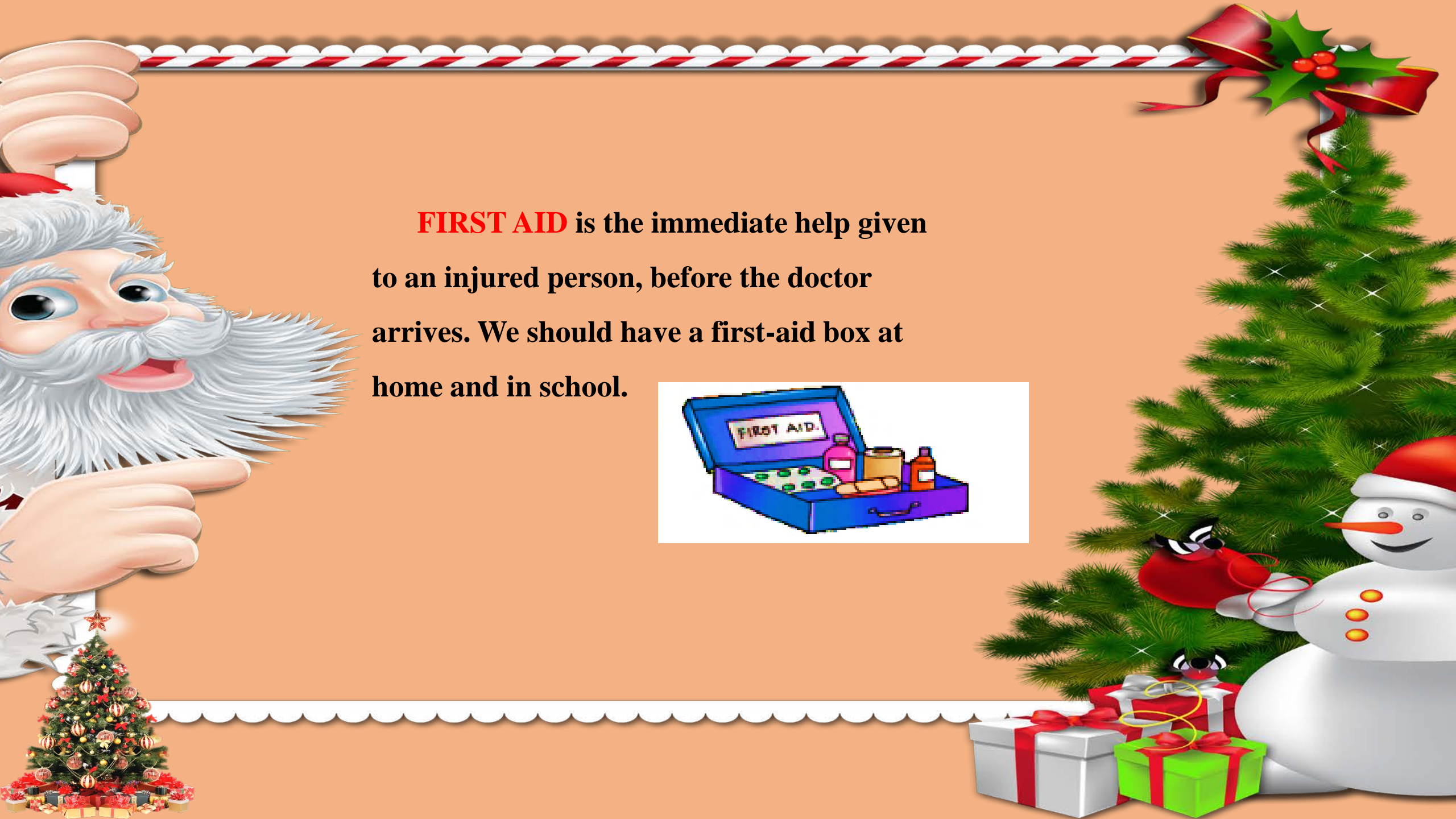


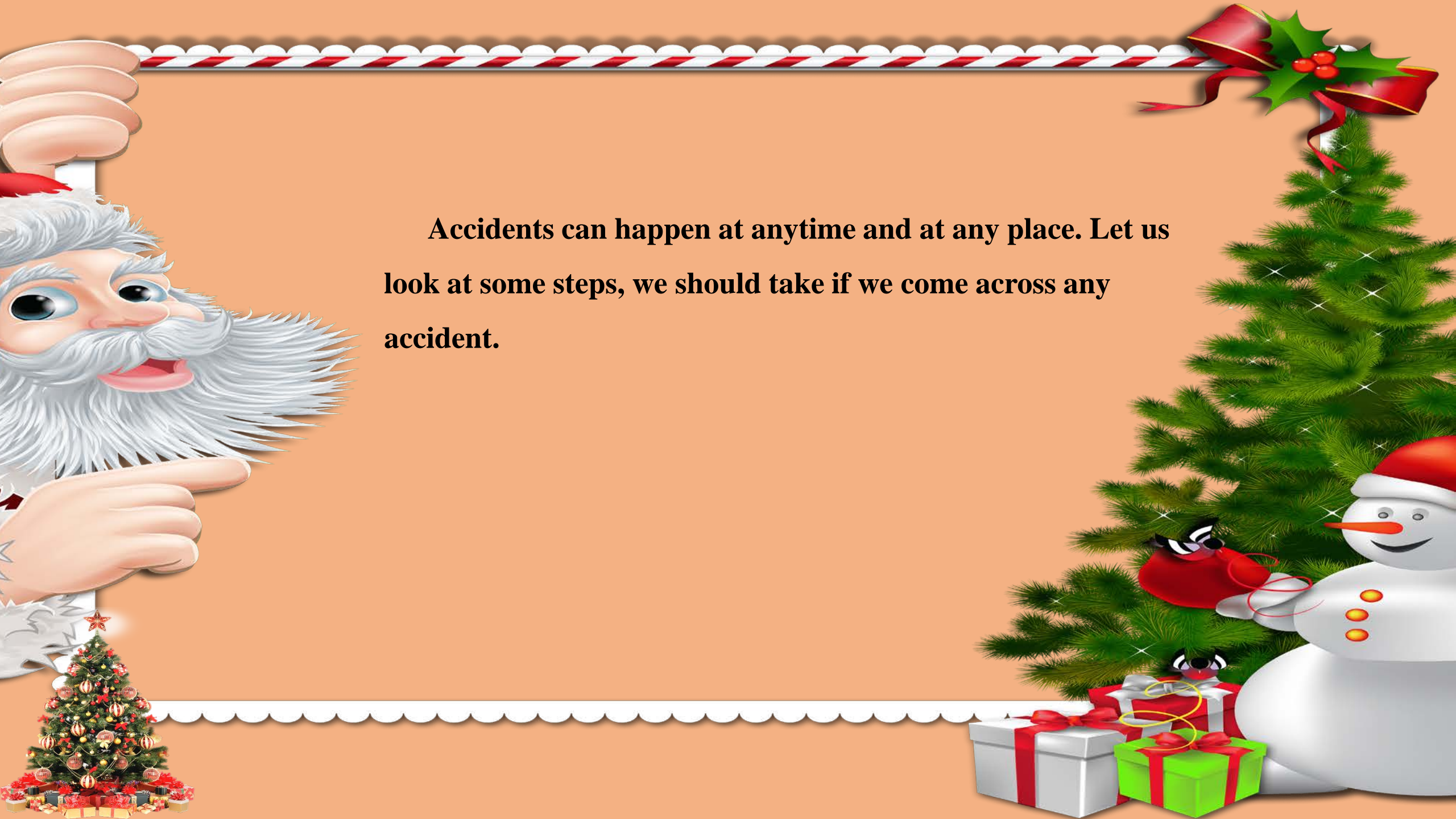
EMERGENCY CARE AND FIRST AID

Sometimes emergency occurs even if we are careful. We might get injured or burnt by hot water or crackers.

At such times, we should know about the basic steps that are to be taken, to help the wounded person.

FIRST AID is the immediate help given to an injured person, before the doctor arrives. We should have a first-aid box at home and in school.





Accidents can happen at anytime and at any place. Let us look at some steps, we should take if we come across any accident.



- If there is a cut in your finger, wash it and apply a strip of bandage. Call your elders.





- If there is a burn, hold the burnt area under the running water. Apply any antiseptic lotion and call the doctor.





- In case of a fracture, help the injured to lie down. Stop any movement of the injured person. Call the doctor immediately.





- In case of an animal bite, wash the wound with soap under running water, call the doctor.





- In case of an insect bite, remove the sting from that area. Press ice cubes on the affected area. Apply any antiseptic cream.





Fact File

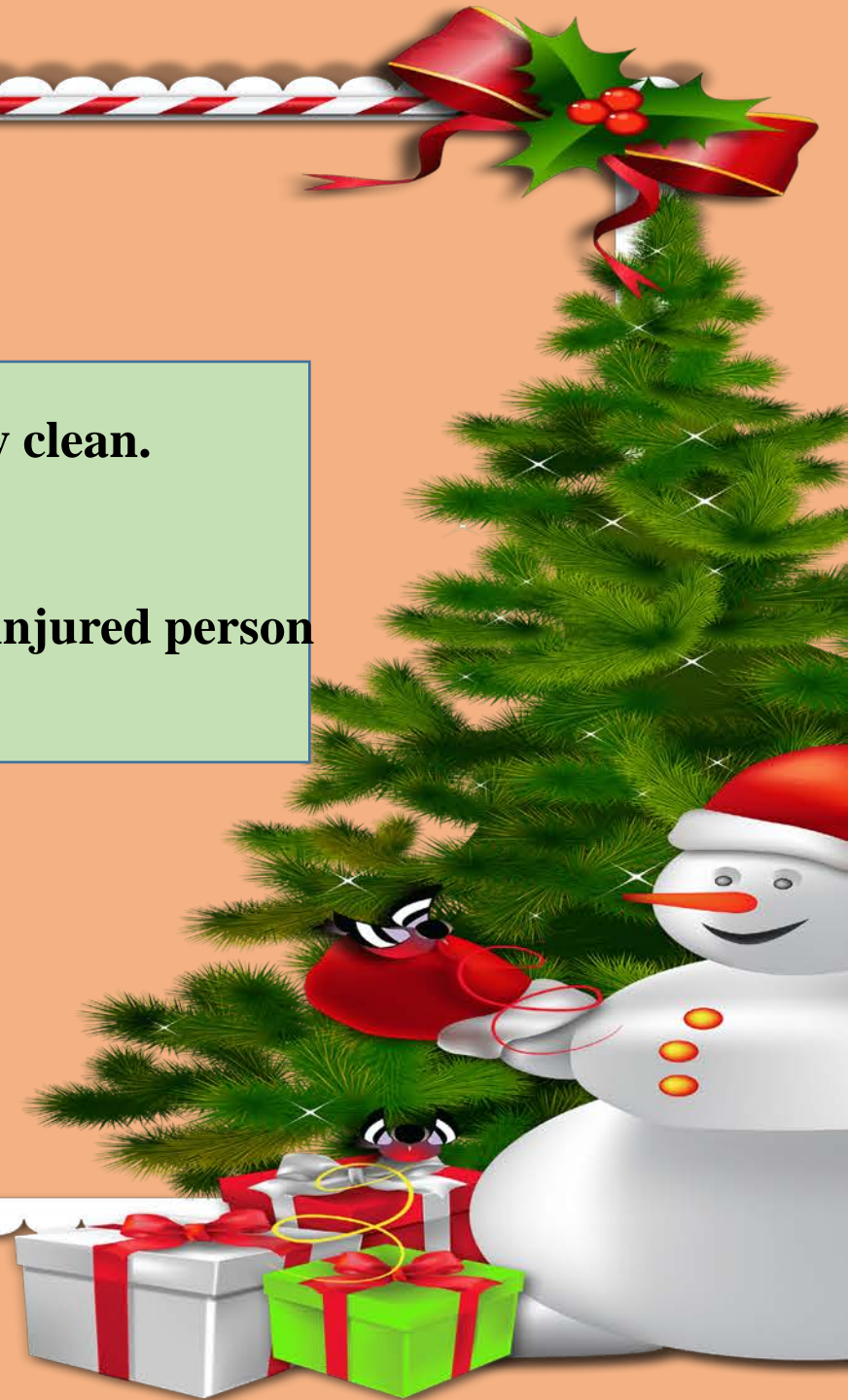
- Applying turmeric powder (paste) on a wound helps it to heal quickly.
- All the parts of the neem tree are of medicinal value.





Things to Remember

- We should take bath daily to keep our body clean.
- We should eat healthy food.
- First aid is the immediate help given to an injured person before the doctor arrives.



THANK
YOU!