# INDIAN SCHOOL NIZWA - WORKSHEET

**EVS**
**CH:10- GOOD HABITS**

**Name: _____ Date: _____ Class: I Sec: ____**

## I. Answer the following Questions:

1. What should you do after brushing your teeth at night?

Ans. _____

_____

2. What should you do after using the toilet?

Ans. _____

_____

3. What helps us to stay healthy?

Ans. _____

_____

## II. Put tick (√) against the correct sentences and cross(X) against the wrong ones:

1. Do not follow good habits.
2. Do not talk while eating.
3. Dustbin should be used for throwing wastes.
4. Do not wash your hands before and after every meal.
5. We must sleep for 8 to 9 hours every night.

## III. Match the following:



Take a shower



Eat fruits and vegetables



Do exercise



Drink water



Sleep well