



# Keeping Clean, Safe and Healthy

## Keeping Clean

To be healthy, we need to keep our body as well as our surroundings clean. Regular cleaning of our body keeps us free from diseases and germs.

This is how we clean our body.



Always follow healthy habits to clean all your body parts.

Wash that dirt,  
Wash that sweat  
Scrub the body,  
Scrub the head!  
Behind the ears,  
Around the neck,  
In folds of skin,  
That's where you check!  
Between the fingers,  
Between the toes,  
Under arms and legs,  
Around the nose.

We should not only keep our body clean, but also keep our surroundings clean.

## Follow these Steps to Keep Your Surroundings Clean:

- ❖ Don't throw garbage on the road.  
Always throw it in the dustbin.

### Teacher's Tip

Inculcate habits of cleanliness in the children.



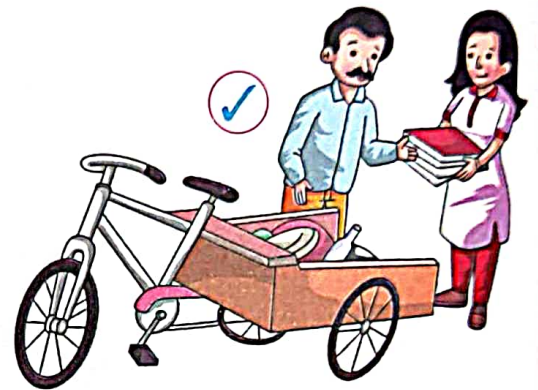


- ❁ Never spit on the road.
- ❁ Do not throw kitchen wastes in open. Dump them in a compost pit. It will turn into manure. It can be used for good growth of plants.



- ❁ Grow more and more trees as they purify the air.

- ❁ Do not waste paper. Give old newspapers, books and notebooks for recycling.



- ❁ Reuse the old things like toys, books, etc.
- ❁ Keep the drains covered.
- ❁ Do not let water stagnate in the open. Stagnant water is a home for mosquitoes to breed.

## Did You Know?

We have different coloured dustbins to segregate waste.



Paper



Glass



Plastic



Metal

**Safety Tip:**  
Keep yourself safe from mosquito bites by wearing full-sleeved clothes.



## Keeping Safe

Safety means the act of keeping oneself safe. Look, Amit seems uncomfortable! The stranger is trying to touch him. He is feeling bad about it. He says, 'No! Don't touch me!' Amit knows that nobody can touch and make him feel bad. He loves the touch of his parents and feels good.



Understand the good and bad touch and keep yourself safe.

Safety habits are essential to keep ourselves safe from accidents. Read and follow these safety habits:

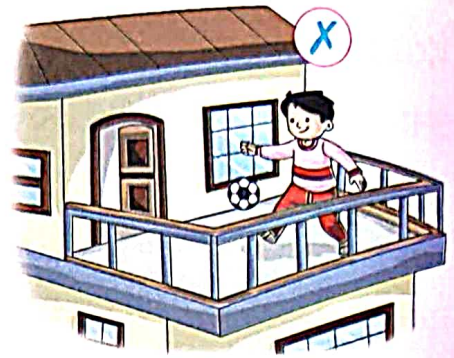
### At Home

- ❖ Do not touch electrical appliances and switches with wet hands.
- ❖ Do not play with sharp objects like knives, blades and scissors.
- ❖ Do not run up and down the stairs.





- ✿ Never play on the terrace.
- ✿ Do not go close to gas stove.
- ✿ Do not leave your toys scattered on the floor. Anybody can trip over them.



### On the Road

- ✿ Walk on the footpath always.
- ✿ Use the zebra-crossing to cross the road.
- ✿ Never play on the road.



### Did You Know?

If there is no footpath, walk only on the right side of the road.

- ✿ Make a queue to get in the bus. Do not run after a moving bus. Never lean out of the bus.
- ✿ Follow the traffic signals on the road.

### In the Park/Playground

- ✿ Always play in the park.
- ✿ Don't go near the bushes.
- ✿ Do not play rough games.
- ✿ Follow the rules of the games.





## Keeping Healthy

Health is the state of being well and free from diseases. A healthy mind lies in a healthy body.

To keep fit and healthy, we need to do **exercise**, **eat good food** and have **enough sleep**.

### Exercises

Exercises keep our body and mind active. Swimming, cycling, playing and yoga are some forms of exercises.



Swimming



Cycling



Playing



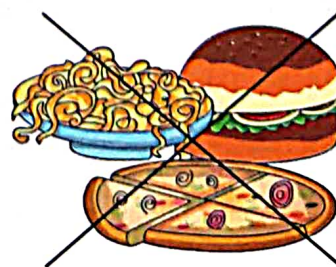
Yoga

### Food

- ✿ We should eat three meals in a day.
- ✿ We should eat food at fixed timings.
- ✿ We should eat healthy foods like fruits, vegetables and milk.
- ✿ Avoid too much of junk food as these are bad for health.



Eat a balanced diet!



## Proper Rest

We should sleep for at least eight hours every night. Proper rest and sleep refreshes our body and mind.



## Let's Recall

- \* We should keep ourselves clean.
- \* We should keep our surroundings clean.
- \* We should keep ourselves safe at home as well as in our surroundings.
- \* We should keep healthy by exercising (yoga), resting and eating good food.
- \* A healthy mind lies in a healthy body.

## Let's Answer

A. Answer the following questions:

1. Why should we keep ourselves clean?

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2. What should we do with the garbage?

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3. How can we have a healthy body?

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4. What is the importance of rest?

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**B. Fill in the blanks:**

1. Do not throw garbage on the road.
2. Do not touch switches with wet hands.
3. Keep the drains covered.
4. Grow more and more trees.
5. Eat three meals in a day.

**C. Tick (✓) the good and cross (✗) the bad habits:**



**D. Write any five safety rules that we should follow:**

1. Never play on the terrace.
2. Do not run up and down the stairs.
3. Do not go close to gas stove.
4. Do not go near the bushes.
5. Walk on the footpath always

**E. Match the following:**

1.



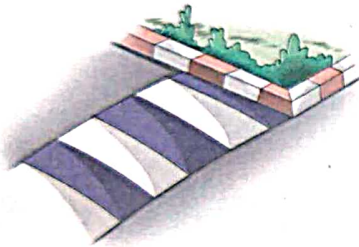
④ a. always in the park

2.



③ b. cross the road

3.



① c. walk

4.



② d. never play with them

**F. Choose the correct word:**

1. Throw the garbage (on the road / in the dustbin).
2. Throw the kitchen waste (in open / in a compost pit).
3. Keep the drains (covered / uncovered).
4. Reuse the (old / new) things.
5. Avoid (fruits / junk food).
6. We should sleep for (8 / 10) hours every night.



## Let's Do

A. Find out what do these signs mean:



No horn



Speed breaker



School ahead



Railway line



Dead end



no left turn



no parking



no U-turn

B. Make a chart on healthy habits and hang it in your class.

C. Make a poster on 'Rules of Cleanliness' here and decorate it.

Blank area for making a chart or poster.

D. Do yoga asanas everyday to keep healthy.

Tender Heart High School

Class - II

Date - 01.10.24

Subject - Environmental Studies

Teachers - Ms. Harjit Kaur, Ms. Jyoti Arora, Ms. Rupinder Kaur

Lesson - 10, Keeping Clean, safe and  
Healthy

### I Fill in the blanks -

1. Do not throw garbage on the road.
2. Do not touch switches with wet hands.
3. Keep the drains covered.
4. Grow more and more trees.

### II Write true or false -

1. Make a queue to get in the bus. true
2. Exercises make us unhealthy. false
3. Never spit on the road. true
4. Always throw garbage in the dustbin. true



### III Match the following:

- |                   |              |
|-------------------|--------------|
| 1. Zebra Crossing | Exercise ④   |
| 2. Healthy food   | Dustbin ③    |
| 3. Waste          | three ⑥      |
| 4. Healthy body   | road ①       |
| 5. Junk food      | Vegetables ② |
| 6. Meals in a day | pizza ⑤      |

#### IV Answer the following questions:

1. Write two safety rules that we should follow?

Ans 1. Do not run up and down the stairs.

2. Walk on the footpath always.

2. Why should we keep ourselves clean?

Ans We should keep our body clean because it keeps us free from diseases and germs.

3. How can we have a healthy body?

Ans We can have a healthy body by doing exercise, eating good food and having enough sleep.

#### V Tick the correct option:

1. junk food is bad for health.

a) healthy      ☒ b) junk      c) plain

2. We should never play on the road.

a) playground      b) park      ☒ c) road

3. Cycling keep our body and mind active.

☒ a) cycling      b) diseases      c) junk food