

TENDER HEART HIGH SCHOOL, SEC-33B, CHD

Class: III

Subject: Science

Topic: Health and
cleanliness

Date: 25.11.2024

Good morning students

This chapter is for class III,
Topic Health and cleanliness and is
being presented to you on 25.11.2024.
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Health and cleanliness
cleanliness means to keep clean. It
is necessary to stay healthy.

Personal cleanliness

Personal cleanliness means to keep our
body clean. We should follow good habits.

- Take a bath everyday with soap and clean water.
- Wash your hands before and after eating food.



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- Brush your teeth twice a day. It will also prevent bad breath.
 - Trim your nails regularly. Dirt and germs stick to the nails while playing and working.
 - Always wear clean clothes. Clothes protect us from dust and germs.

Food

- We should always eat fresh and healthy food.
- We should eat at fixed hours.
- We should drink 8-10 glasses of water every day.



Exercise and recreation

Exercising daily keeps us active. It also helps in the proper digestion of food.

Rest and sleep

After a day's hard work, the body needs rest. Sleep provides us good and proper rest. We need at least eight hours of undisturbed sleep.

Ways to improve the surroundings

- Do not throw garbage and waste in the open.
- Do not use polythene bags.
- Do not let the water collect in pits in your surroundings.
- Plant more and more trees.



Home - assignment

Collect more information about Swachh Bharat Abhiyan.