

Tender Heart High School, Chandigarh

Date 2.12.24

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Class-V

Subject: Science

Chapter-12

Cleanliness and Hygiene

Teacher: Nimrita

Good Morning Children! This lesson is for Class-V, Subject - Science, Chapter-12, Cleanliness and Hygiene of your textbook New Trends in Science, Evergreen Publications. It is being submitted to you on Today, we are going to discuss about personal hygiene.

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Health: It is the state of complete physical, mental and social well being.

Personal hygiene: It includes habits related to cleanliness of body. Some of the habits include:-

- a.) Bathing: Our body sweats all the time. Hence, bathing with soap can keep body fresh and free of microbes.



- b.) Washing of hands:- Washing of hands

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before and after meals is very essential, otherwise germs may enter our food and harm us.



c) Brushing of teeth: Brushing of teeth twice is very important, otherwise, bacteria may cause tooth cavities in the mouth.



d) Care of hair: Hair should be kept clean by frequent washing and regular combing.

e) Cutting of nails: Nails should be trimmed properly as overgrown nails entrap germs.

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f.)



Cutting of nails.

f.) Care of eyes:

- 1) Wash your eyes three times a day.
 - 2) Watch T.V for short duration only.
 - 3) Don't strain your eyes by reading while lying.
- g) Regular medical check-up:-
One should visit doctor regularly for medical check-up.

With this, I am ending today's topic. Kindly, do worksheet-1 in your book.

Thank you!