

## Chapter 7

# Healthy Habits

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To stay healthy and fit, we must follow certain good habits. Good habits make us good children. We should keep ourselves and our surroundings clean. Let us see how we can keep ourselves clean.



We should get up early in the morning.



We must brush our teeth twice a day.



We must take a bath every morning.



We must wear clean and well ironed clothes.



Keep your nails short.



We should wash our hands before and after eating food.



Comb your hair properly.



Clean your ears with ear buds or a damp towel.



Wash your face and eyes with cold water.

## Rules of Fitness

Exercise makes our body healthy and strong.

We must exercise daily. Exercise are great fun with friends.



Cycling



Playing



Swimming

We get tired after work and play. Our body needs some rest. Our body gets rest when we sleep. Children need to sleep for eight hours every night.

We should not sleep with our face covered.

Go to bed early at night and get up early in the morning.



Our body gets rest when we sleep