

**Kalka Public School**  
**EVS Revision Worksheet**

Chapter -3 (Keeping clean and fit)

**Name - \_\_\_\_\_ Class-1/sec \_\_\_\_ Roll no. \_\_\_\_\_**

**Q1. Fill in the blanks.**

1. We should take \_\_\_\_\_ everyday.
2. We should wash our hair with \_\_\_\_\_.
3. We should always \_\_\_\_\_ our teeth twice a day..
4. We should always \_\_\_\_\_ our nose.
5. We should \_\_\_\_\_ our hair to make them tidy.
6. We should \_\_\_\_\_ our nails with the help of our parents.
7. We should wake up early in the \_\_\_\_\_.
8. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ few good exercises.
9. \_\_\_\_\_ and \_\_\_\_\_ are outdoor games.
10. Rest makes our body \_\_\_\_\_..

**Q2. Write True /False-**

1. We play games to be active. \_\_\_\_\_
2. We should sleep for 2 hours everyday. \_\_\_\_\_
3. Dirty nails contain germs. \_\_\_\_\_
4. We should always put our fingers in our mouth. \_\_\_\_\_
5. We should cover our nose while sneezing. \_\_\_\_\_

**Q3. Answer the following questions**

Q1. Why should we keep our body clean?

Ans.

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Q2. Why do we need to do exercise?

Ans.

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Q3. Why should we play outdoor games?

Ans.

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