2036 PENANG SANGAM PRIMARY SCHOOL

YEAR: 2

HEALTH AND WELLBEING- HEALTHY LIVING

WORKSHEET 3

Theme: Myself

Strand	Healthy Living
Sub Strand	Human Growth and Development
Content Learning Outcome	Be able to comprehend on body cleanliness.

Lesson Notes Topic: Keeping Ourselves Clean and Tidy

1. We need to keep ourselves clean.
2. Have your shower / bath every day.
3. Use your own body towels.
4. Brush your teeth every day.
5. Wash your hands properly to keep germs away.

Activity: Fill in the blanks with the correct option.

1. We wash our hair with _____.

Shampoo	toothbrush	nail cutter

2. We clean our hands with a _____.

nail cutter	handkerchief	ear bud

3. We clean our teeth with a _____.

Toothbrush	Comb	ear bud