

Dreketi Sangam School
Year 3 Healthy Living Worksheet

Personal Cleanliness

Write **True** or **False** in the space provided.

1. I must not look after my cleanliness well. _____
2. Bath daily and use own towel. _____
3. Cut finger and toe nails if they are long because they collect germs easily. _____
4. Bite your finger nails. _____
5. Use your hand to clean your nose. Wipe your nose or hands with your clothes. _____
6. It is dirty habit to put one's fingers into the nose. _____
7. Do not wash your hands with soap and water after visiting te toilet. _____
8. Change your underwear daily. Wear a new set of clean clothes after bathing. _____
9. Your hair should be short and neat so that lice don't stay in it. _____

What are they doing?



Match List A with List B and write the correct alphabets in the space provided.

List A

List B

- | | | |
|--------------------|-------|-----------------------------------|
| 1. Clean your comb | _____ | A. after every meal |
| 2. Undergarments | _____ | B. daily with soap and water |
| 3. Bath | _____ | C. change daily |
| 4. Brush | _____ | D. putting fingers into the nose. |
| 5. Dirty habit | _____ | E. after using it |

The End