

**Chapter**  
**9**

**CLEANLINESS**

Keeping ourselves clean is called cleanliness. We wash our hands with soap. We keep our clothes clean. We brush our teeth daily to keep them clean. We comb our hair to keep them clean. We should take a bath daily. We get rid of dirt from nails by trimming them. We should also keep our homes and surrounding clean. If we do not keep ourselves clean, we will become ill. If we have good health, we will take interest in our studies.



Brushing teeth



Wearing neat and clean clothes



Trimming nails



Combing hair

## Activity

Fill in the blanks with the words given below.

brush

soap

dirt

health

clean

1. Keep your clothes \_\_\_\_\_.
2. Clean your teeth with \_\_\_\_\_.
3. Cleanliness gives us good \_\_\_\_\_.
4. Diseases are spread by \_\_\_\_\_.
5. Wash your hands with \_\_\_\_\_ before taking meal.

### Instructions for teachers and parents

Tell the students about the importance of cleanliness for health.