**Lesson 11 Keeping Yourself Clean and Healthy**

**Healthy habits to keep our body clean are as follows:**

**(i) take bath daily.**

**(ii) wash your hand time to time which soap or hand wash.**

**(iii) always clean and hygienic food.**

**(iv) cut your nails regularly so that no dirt can enter to your mouth by the means of nails.**

**(v) wear slippers while walking in dirty environment.**

**(vi) brush your teeth two times a day.**

**(vii) always use soap while taking bath.**

**(viii) to face wash after you came from polluted area.**

**(ix) wash your hairs carefully by shampoo so that no lice can enter your hair.**

**(x) always eat healthy foods do not eat junk food**