

Me and My Healthy Habits

Class 2 • EVS • Worksheet (illustrative sample)

Worksheet for Class 2 EVS: Me and My Healthy Habits.

Questions

1. Name two habits that keep us clean.
2. When should we wash our hands?
3. How many times a day should we brush our teeth?
4. Why do we need enough sleep?
5. Name one healthy food.
6. True or False: Bathing is only needed once a week.
7. Why should we cover our mouth while coughing?
8. Name one habit that keeps our surroundings clean.

Answer Key

1. Any two: washing hands, brushing teeth, bathing
 2. Before eating and after using the toilet (any correct time)
 3. Twice a day
 4. To rest the body and mind
 5. Any healthy food, e.g. fruit
 6. False bathing should be done daily
 7. To stop germs from spreading to others
 8. E.g. not littering, throwing waste in the dustbin
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