

Name \_\_\_\_\_

Date \_\_\_\_\_

## Keeping Clean



Germs are tiny particles of dirt which settle on our food and bodies. Germs make us sick. Germs also spread infections and diseases among us.

We must take a bath everyday and wear clean clothes to keep ourselves safe from germs. We must ensure that we wash our hands with soap before and after having each meal. We should

also cut our nails every week.

It is compulsory to keep our foods and water containers covered with a lid or net at all times so mosquitoes and flies do not settle on them. These insects are full of germs and when they sit on our food, the germs from their bodies may stick on them. On eating such food, we may get sick.

We must always wash all fruits and vegetables when we buy them from the market to purify them from germs.

Another thing we must do is to throw all litter and trash in a dustbin and dispose it off in a proper way. Garbage and dirt are also full of germs and a favorite place of all insects. Keeping that away from our house will help us get rid of germs.

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# Keeping Clean

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Answer the following questions.

1. What are germs?

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2. How can we keep our body free from germs?

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3. How can we keep our food free from germs?

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4. How often must we wash our hands?

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5. How do germs settle on food?

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6. What should we do with the litter and trash?

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7. disease

- a. illness
- b. turn
- c. remember
- d. vital

8. dispose

- a. trash
- b. discard
- c. hide
- d. gift