KENDRIYA VIDYALAYA ISLAND GROUNDS CHENNAI-02 CLASS:1 EVS HEALTHY HABITS 5/12/2020

TO STAY HEALTHY WE HAVE TO FOLLOW THESE HABITS .

MARK THE GOOD AS G AND BAD AS B

PLAY	MOBILE AND TV	RUN,JUMP,HOP AND SKIP
EAT WELL	FRUITS AND VEGETABLES	JUNK FOOD
DRINK WATER	1 GLASS A DAY	5 GLASSES A DAY
SLEEP WELL	LATE AFTER 10:00 PM	EARLY BY 9:30 PM
EXERCISE	DAILY	ONLY SOME TIMES