

P.1 LITERACY II E-LEARNING LESSON 13

Corrections for lesson 12

1. Outline any four body exercises you know.
 - i) skipping
 - ii) dancing
 - iii) running
 - iii) jumping
2. Give any three reasons why people make body exercises.
 - i) to be fit
 - ii) to be healthy
 - iii) to be flexible

LESSON 13

Listen and write

- fit
- healthy
- flexible

Personal hygiene

- Personal hygiene is the way of keeping the body clean.

Ways of keeping the body clean.

- by bathing regularly.
- by brushing the teeth.
- by washing hands.
- by combing the hair.
- by cutting the fingernails short.
- by shaving the hair.

Activity

1. Tick two ways of keeping the body clean.
 - by combing hair.
 - by sweeping
 - by mopping
 - by washing hands.
2. **Draw these activities done to keep the body clean.**

Bathing	Brushing the teeth

End