GRADE 1 LESSON NOTES HYGIENE AND NUTRITION

HEALTHY PRACTICES

Healthy habits

These are thing we do to remain and stay healthy

They include:

1. Playing
2. Washing hands
3. Brushing teethes
4. Eating healthy food

We practice healthy habits in our life to prevent us from getting diseases.

Healthy habits that prevent us from getting illness

Illness is a disease and we can prevent it by practicing healthy habits

Ways of preventing illness

1. Washing hands
2. Using toilets and latrines well
3. Bathing everyday
4. Doing exercises
5. Eating healthy foods

Why do we practice healthy habits?