

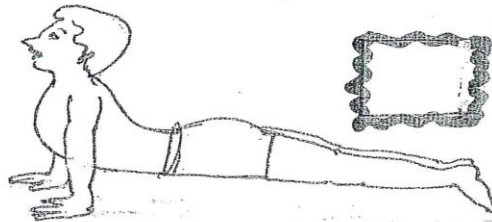
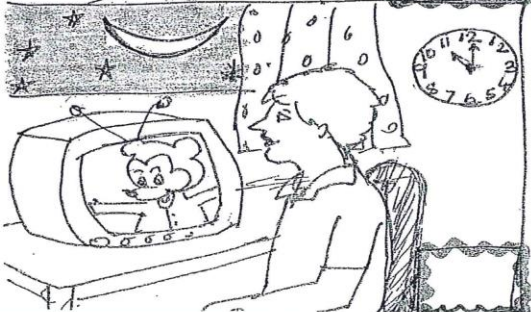
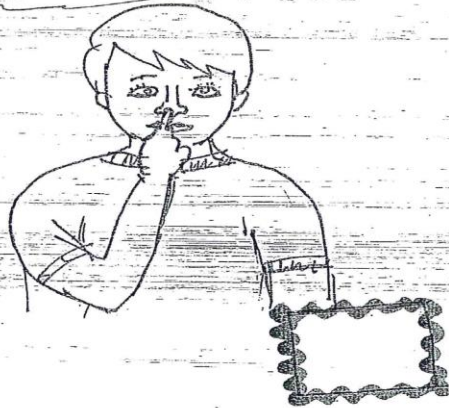
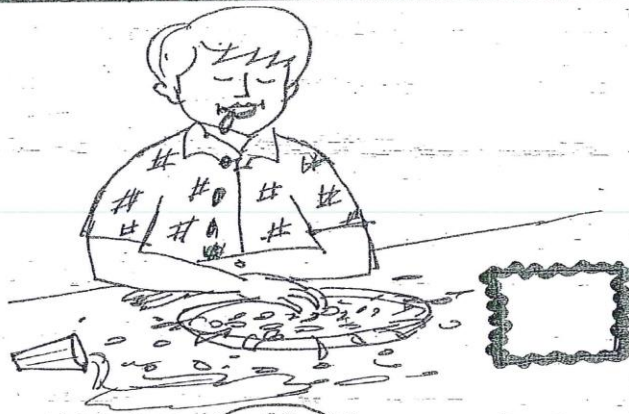
INDIAN SCHOOL NIZWA
G.K. WORKSHEET - 3

DATE: _____

NAME: _____

CLASS :UKG

Tick on good habits & Cross on bad habits



I MUST PRACTICE

Healthy food habits

- * EAT AT THE RIGHT TIME .
- * DO NOT SPILL THE FOOD .
- * DO NOT TALK WHILE EATING .
- * DO NOT KEEP THE FOOD OPEN .
- * DO NOT WASTE THE FOOD .
- * DO NOT EAT AT THE WRONG TIME
- * EAT SLOWLY WITH YOUR MOUTH
CLOSED .
- * DRINK LOTS OF PURE WATER .
- * WASH YOUR HANDS BEFORE AND
AFTER THE MEALS .

x ——— x ——— x ——— x ——— x