

Class- II
Subject – Science
Chapter – 5- FOOD
Lecture-2, Day-2
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Science (main campus)
Date- 02/06/2020

LECTURE CONTENT:

- Healthy eating habits.
- Healthy teeth.
- Brushing.

LECTURE OUTCOME: Students will be able to learn about the healthy eating habits. They will also learn about the importance of healthy teeth.

Healthy eating habits:

To stay healthy, we should follow some good eating habits.

1. We should eat our meals at a fixed time daily.
2. We must never miss our breakfast.
3. We should drink two glasses of milk every day.
4. We should not eat too much or too little.
5. We should wash our hands with soap before eating.
6. We should not talk when we have food in our mouth.
7. We should eat slowly and chew our food well.
8. Before eating or cooking we should wash fruits and vegetables.
9. We should eat fresh and covered food.
10. We should not eat junk food.

Healthy teeth:

We need healthy teeth to chew our food properly.

Brushing: Brushing removes food particles stuck in our teeth. We should brush our teeth twice a day.

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