**اسم الدرس: نظافة الجسم والسلامة أثناء الاستحمام**

**ـ فسّري أهمية المحافظة على نظافة الجسم؟**

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**ـ أذكري الطريقة الصحيحة للاستحمام؟**

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**ـ عدّدي فوائد الاستحمام؟**

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**ـ عدّدي الأخطار أثناء الاستحمام؟**

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 **اسم الدرس: سلامة العينين والأذنين**

**ـ أذكري الإرشادات الهامة المحافظة على سلامة العينين؟**

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**ـ كيف تنظفين أذنيك بشكل سليم؟**

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**ـ عدّدي خطوات تنظيف الأسنان بطريقة صحيحة؟**

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 **اسم الدرس: العناية بالفـــم والأسنــــان**

**ـ أذكري فوائد الأسنان؟**

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**ـ رتّبي خطوات تنظيف الأسنان بطريقة صحيحة؟**

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**ـ ما هو السواك؟ وفيم نستخدمه؟**

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**ـ كيف يتم تنظيف اللسان؟**

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**ـ ما هو الخيط الطبي؟**

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 **اسم الدرس: غرفتـــــي**

**ـ بيني أهمية النظافة في المسكن؟**

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**ـ وضحي أهمية التهوية الجيدة للغرفة؟**

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**ـ ما العلاقة بين نظافة غرفة النوم وتهويتها بصفة مستمرة وصحة الإنسان؟**

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 **اسم الدرس: ترتيب السرير**

**ـ وضحي أهمية ترتيب السرير بشكل يومي؟**

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**ـ عدّدي خطوات ترتيب السرير؟**



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 **اسم الدرس: العناية بالمكتــــب**

**ـ وضحي أهمية العناية بالمكتب؟**

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**ـ عدّدي الخطوات التي ينبغي عليك اتباعها بالعناية بمكتبك لكي تتمكني من مراجعك دروسك بيسر وسهولة؟**

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 **اسم الدرس: الملابس المدرسية والملابس الداخلية**

**ـ أذكري مواصفات الملابس المدرسية؟**

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**ـ ماذا تفعلين عند ارتداء الملابس؟**

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**ـ ماذا تفعلين بملابسك بعد خلعها؟**

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**ماذا يقصد بالملابس الداخلية؟**

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 **اسم الدرس: الجوارب والحذاء**

**ـ ما المقصود بالجورب؟**

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**ـ كيف نغسل الجوارب بطريقة صحيحة؟**

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**ـ عدّدي خطوات غسل الجوارب الملونة؟**

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**ـ عددي خطوات غسل الجوارب البِيض؟**

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 **اسم الدرس: الأدوات والخامات والاسس العامة للتطريز**

**ما المقصود بالإبرة؟**

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**ـ ما المقصود بالناظم؟**

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**ـ ما المقصود بخيوط التطريز؟**

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**ـ عدّدي أنواع الخيوط؟**

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**ـ ما المقصود بواقي الإصبع (الكشتبان)؟**

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 **اسم الدرس: تطبيقات عملية**

**ـ طبقي عمليًّا خطوات تثبيت الخيط؟**

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**ـ وضحي أهمية التثبيت؟**

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**ـ طبقي عمليًّا خطوات تنفيذ الغرزة؟**

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**ـ عللي: عدم شد الخيط عند التطريز أكثر من اللازم.**

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 **اسم الدرس: الخضروات**

**ـ عدّدي أنواع الخضروات؟**

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**ـ أذكري شروط اختيار الخضروات؟**

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**ـ عدّدي خطوات تنظيف الخضروات؟**

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**ـ كيف يتم حفظ الخضروات؟**

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 **اسم الدرس: الفواكــــــه**

**ـ أذكري شروط اختيار الفواكه؟**

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**ـ عدّدي خطوات تنظيف الفواكه؟**

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**ـ ما المقصود بالفواكه اللينة؟**

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**ـ كيف يتم حفظ الفواكه؟**

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 **اسم الدرس: الصيدلية المنزلية**

**ـ ما المقصود بالصيدلية المنزلية؟**

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**ـ أذكري فائدة الصيدلية المنزلية؟**

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**ـ عدّدي الخطوات التي ينبغي مراعاتها في الصيدلية المنزلية؟**

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 **اسم الدرس: الغصص**

**ـ ما المقصود بالغصص؟**

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**ـ عددي أسباب الغصص؟**

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**ـ كيف تسعفين الشخص المصاب بالغصص؟**

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 **اسم الدرس: الرعاف**

**ـ ما المقصود بالرعاف؟**

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**ـ عددي أسباب الرعاف؟**

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**ـ كيف تسعفين الشخص المصاب بالرعاف؟**

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