

Ch-1

My Body

* New words

1. Write
2. hold
3. catch
4. throw
5. type
6. touch
7. Skip
8. pedal
9. bicycle
10. wriggle
11. Sense
12. organs
13. tongue
14. Skin
15. Sour
16. Bitter
17. Spicy
18. Sweet
19. salty
20. feel.

Q1. Fill in the blanks.

- i) Hands help us to hold things.
- ii) There are five fingers on each hand.
- iii) We can wiggle our fingers and toes.
- iv) Our mouth help us to eat, speak and sing.
- v) There are five sense organs.

Q2. Write Match the following.

A

1) Hear

2) Smell

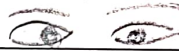
3) Touch

~~4) See~~

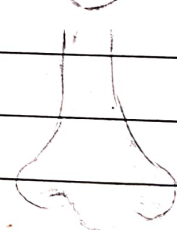
4) Taste

5) See

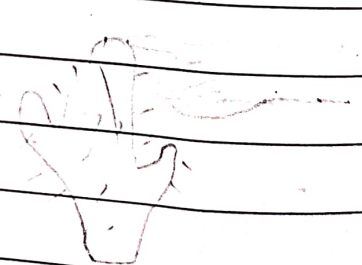
B

(a) 

(b) 

(c) 

(d) 

(e) 

Ans- (1) - d , (2) - c , (3) - e , (4) - b , (5) - a

Q3) Answer the following questions.

1) Name any five body part.

Ans- Head, mouth, hand, leg and shoulder.

2) Which body part help us to hold things?

Ans- Hands help us to hold things.

3) Which body part ^{you} is use to pedal a bicycle?

Ans legs help us to ~~is~~ use We use our legs to pedal a bicycle.

4) Name the sense organs.

Ans Eyes, nose, ear, skin and tongue.

5) Which ~~b~~ sense organ is use to feel the things?

Ans Skin is used to feel the things.

H.W

Q7] Stick a body of a girl or boy and label its body parts.

Keeping Clean and Healthy

* New Words.

1. A healthy
2. fit
3. habit
4. adopt
5. Cleanliness
6. dirty
7. clean
8. germs
9. Sick
10. exercise
11. rest
12. Smoke
13. dust
14. harm
15. factories
16. prevent
17. diseases

Q1. Write True or False.

i) We should bathe everyday
→ True

ii) You should spend more time in front of television
→ False

iii) Smoke and dust is good for our health.
→ False.

iv) We must drink water which is not clean.
→ False

v) Germs make us sick.
→ True.

Q2) Answer the following questions.

1) Why should we rinse our mouth after eating?
Ans- Because it removes tiny food pieces from our teeth.

2) For how many hours should we sleep? at night
Ans- We must sleep for 8 to 10 hours at night.

3) What makes the air dirty?
Ans- Smoke from cars and factories makes the air dirty.

4) Who help us to make the air clean and fresh?
Ans- Trees and plants help to make the air clean and fresh.

5) Why should we always keep our food and water covered?

Ans- To prevent flies from sitting on it. dust and flies

H.W

Q3. Stick/Draw the pictures of healthy habits and unhealthy habits (5 each) and label it.

Food We Eat

* New Words

1. energy
2. food
3. work
4. play
5. grow
6. sources
7. vegetables
8. fruits
9. cereals
10. pulses
11. wheat
12. rice
13. millet
14. maize
15. kidney beans
16. benefits
17. meat
18. mutton
19. chicken
20. cook
21. raw
22. refrigerator
23. spoil

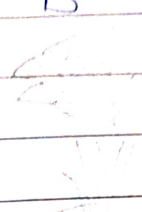
Q1. Match the following.

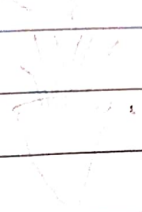
A
1. Raw
~~Delicate~~

2. Milk

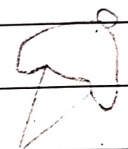
3. Animal

4. Cook

B
a. 

b. 

c. 

d. 

Ans - 1-b , 2-d , 3-a , 4-c

Q2. Answer the following questions.

1. Who give us ~~eng~~ energy to work and play?

Ans- Food give us energy to work and play.

2. Name any five milk products

Ans- Butter , cheese , curd , ghee and paneer.

3. Which vegetables do you eat raw?

Ans- Carrot , radish , cucumber

1. Which vegetables do you cook and eat?

2. Potato, lady finger, brinjal.

3. Name the food items we get from animals.

4. Eggs, milk, chicken, mutton, fish.

W
3) Draw the food items which can be eaten raw.
in N/B.