

**Delhi Public School, Gandhinagar**  
**EVS Sample book work**  
**Session -2022-23**

**CLASS -1**

**MONTH – JUNE & JULY**

**2022-23**

Topic- Chapter -4 ( Looking after My Body)

Subtopics:-

- ❖ Taking care of our body
- ❖ Cleaning of our body



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 12, 13 and 14.
- Exercise on text book page no. 15 & 16

A. Colour the circle green for a good habit and red for a bad habit:-

1. We must sleep late at night.
2. We must comb our hair every day.
3. We should brush our teeth in the morning and at night.
4. We should wear dirty clothes.
5. We must keep our nails short and clean.

B. Make orange circles around the things you use daily and brown circles around the things you use once a week:-



**C. Fill in the blanks:-**

1. Wash your hands with water and soap.
2. Take a bathe every day.
3. Change your clothes before going to sleep.
4. Wear clean and ironed clothes.
5. Comb your hair properly.

**D. Tick ( ✓ ) the correct answer:-**

1. You should oil your hair once a week.  
(a) week  (b) mouth (c) year
2. You should sleep at least for eight hours at night.  
(a) five (b) seven (c) eight
3. You should keep your nails short and clean.  
(a) long and clean (b) short and clean  (c) long and dirty

❖ **Activity on text book page no. 16**

❖ **Note Book Work: -**

**A. New words:-**

1. healthy
2. habits
3. clothes
4. exercise
5. knowledge
6. smarter
7. toilet
8. wipe

**B. Give two examples:- (CBE based)**

1. What should we trim regularly to be clean?  
Ans. a. hair b. nails
2. Activities that keep us fit.  
Ans. a. exercise b. outdoor games

C. Tick the correct answer:- (CBE based)

1. Why should we follow good habits?

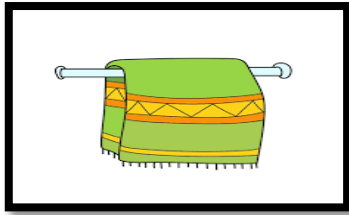
Ans. a. to be a topper  b. to fit and healthy

2. What should we do before meals?

Ans. a. should wash our hand  b. should wash our hair

1. Draw, name and colour:- (CBE based)

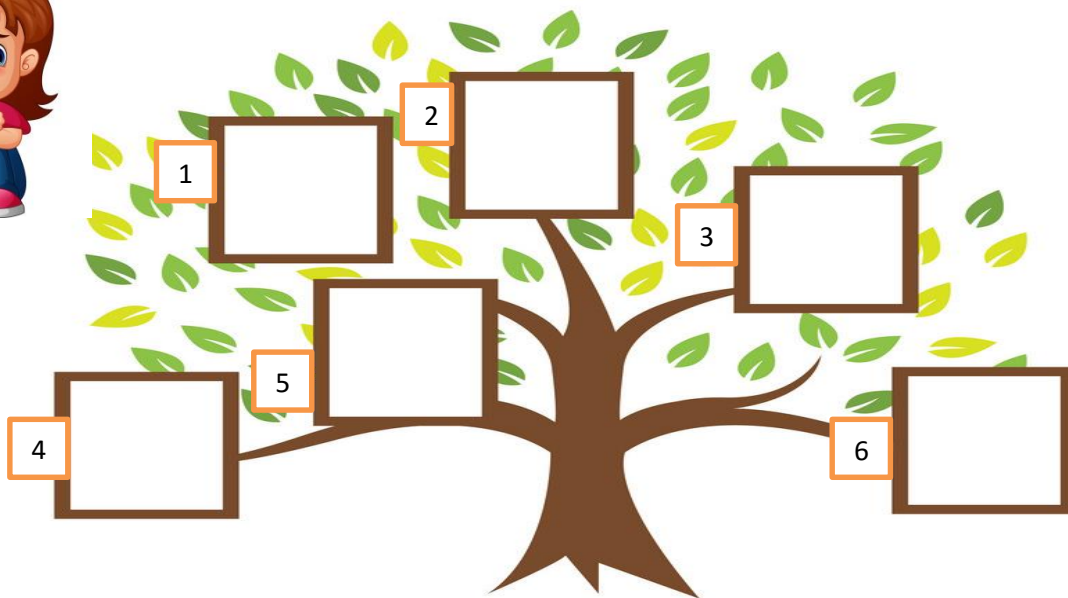
a. A thing that is used to clean our body



Towel

CBE based question:-

1. Shweta is sick today. Her teacher told her to follow good cleanliness habits. Help her to find out the bunch of cleanliness habits.



2. As Shweta is sick so she will go to a-

a.



b.



# Topic- Chapter – 5 ( The Clothes We Wear )

## Subtopics:-

- ❖ Different types of clothes
- ❖ Importance of clothes
- ❖ Materials of clothes



## Text Book work:-

- ❖ Reading and explanation of Text book Page no. 18, 19, 20 and 21.

## Text Book Exercise:-

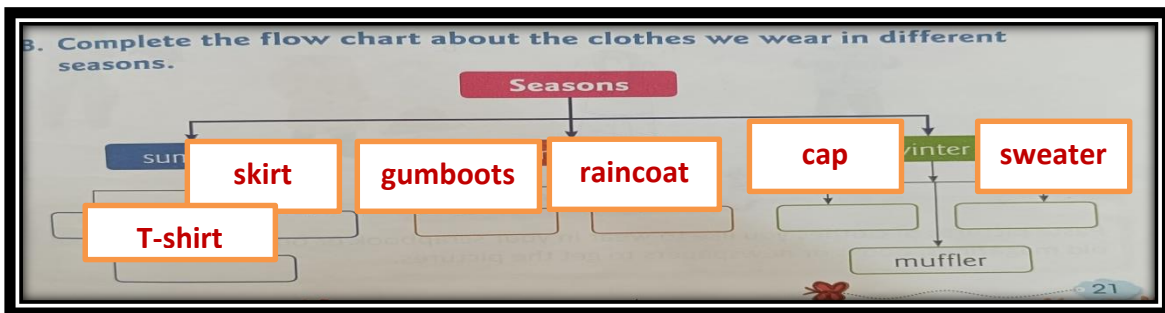
- Exercise on text book page no. 21 & 22

### E. Fill in the blanks. Use words given in the box:-

1. Clothes cover our body.
2. We use wool to make sweaters.
3. Cotton clothes keep us cool.
4. During winter we wear woollen clothes.
5. We wear gumboots to keep our feet dry.



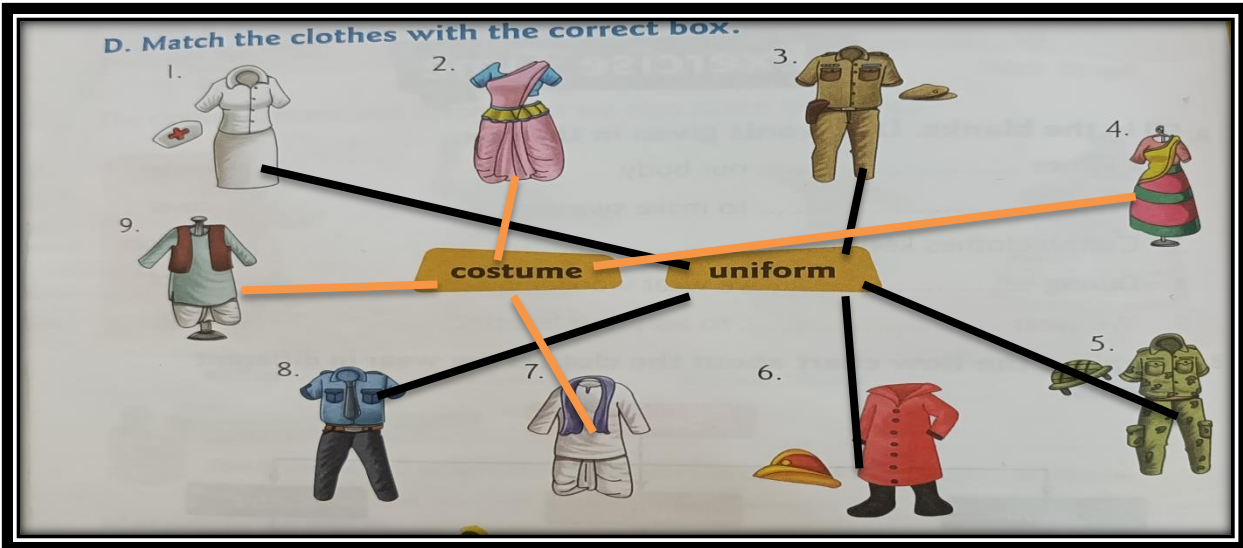
### F. Complete the flow chart about the clothes we wear in different seasons:-



**G. Mark (✓) for a correct statement and (✗) for an incorrect statement:-**

1. Cotton clothes keep us warm. ✗
2. We wear a sweater when it rains so that we do not get wet. ✗
3. People who do the same kind of work wear uniforms. ✓
4. We get wool from the wool plant. ✗
5. Leather is used to make jackets, belts and shoes. ✓

**H. Match the clothes with the correct box:-**



❖ Activity on text book page no. 22

**Note Book Work:-**

**D. New words:-**

2. seasons
3. jacket
4. climate
5. waterproof
6. woollen
7. cotton
8. uniforms
9. costumes

**E. Give two examples- (CBE based)**

1. Leather products.

Ans. a. jacket      b. belt

2. Costumes

Ans. a. kimono      b. saree

**F. Answer the following questions:- (CBE based)**

2. What are called uniforms?

Ans. People who do the same kind of work wear special clothes called uniforms.

2. Why do we wear cotton clothes in summer?

Ans. We wear cotton clothes during summer as are light, absorb sweat and keep us cool.

**G. Draw, name and colour:-**

1. A woollen cloth



Woollen cap

**CBE based questions:-**

1. Today is Mihika's birthday. She organised a fancy dress show on her birthday. All her friends are coming to her birthday party. A clue on the paper is given to each and every one for the fancy dress. They have to wear the dress according to the clue only. Now scratch your mind to solve the clue and find the proper dress.

I come to you when I  
became ill,  
You treat me and boost my  
will.



Jingle bell, jingle bell,  
jingle all the way.



You dance with grace, I  
always see you on the stage.



My post, your post, his  
post, her post. You always  
delivers all post without  
getting roast.



2. Today, on her birthday Mihika is wearing a \_\_\_\_\_

a. School uniform



b. Party frock





## Topic- Chapter -6 (Food We Eat)

### Subtopics:-

- ❖ Types, sources and importance of food.
- ❖ Healthy food and good eating habits



### Text Book work:-

- ❖ Reading and explanation of Text book Page no. 23, 24, 25 & 26

### Text Book Exercise:-

- Exercise on text book page no. 26

#### I. Fill in the blanks:-

1. We have breakfast in the morning.
2. Water helps us to digest our food.
3. We get fruit from plants.
4. We get milk from cow and goat.
5. A meal with all kind of food in the right amount is a healthy meal.

#### J. Make ( 😊 ) for a correct statement and ( ☹️ ) for an incorrect statement:-

1. We need food to grow and be healthy.
2. We must drink 6-8 glasses of milk every day.
3. We get food from plants and animals.
4. We have dinner in the morning.
5. We eat three main meals in a day.



**K. Put a cross ( X ) on the food we should not eat:-**



➤ Activity on page no. 27

## Note book work:-

### A. New words:-

1. hungry
2. healthy
3. breakfast
4. lunch
5. dinner
6. cereals
7. pulses
8. waste

### B. Give two examples: -

1. Sources of food

Ans. a. Plants

b. Animals

2. Good food habits

Ans. a. Eat healthy food

b. Chew the food well.

**C. Answer the following questions: -**

**1. Why do we need food?**

**Ans. We need food to grow and be healthy.**

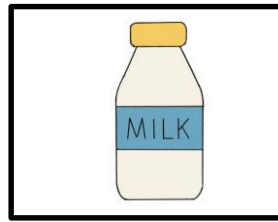
**2. What are the three main meals of a day?**

**Ans. The three meals of a day are-**

- 1. breakfast**
- 2. lunch**
- 3, dinner**

**D. Draw, name and colour:-**

**1. A healthy food**



**milk**

**CBE based questions:-**

**1. Class-1 Students went for a school picnic in a resort. They saw lot of food stalls there. After enjoying rides Karan, Ady, Meera and Payal wants to eat healthy food but Vicky, Kayra and Samar want to enjoy junk food. So they prepared a list of healthy food and junk food.**

Healthy food

Junk food

2. Karan listed the benefits of healthy food too and suggested his friends to eat healthy food only.

You also draw pictures of some healthy food which you like to eat.



Topic- Chapter -7 ( Safety Rules)

Subtopics:-

- ❖ Importance of safety
- ❖ Safety rules for home and outside.



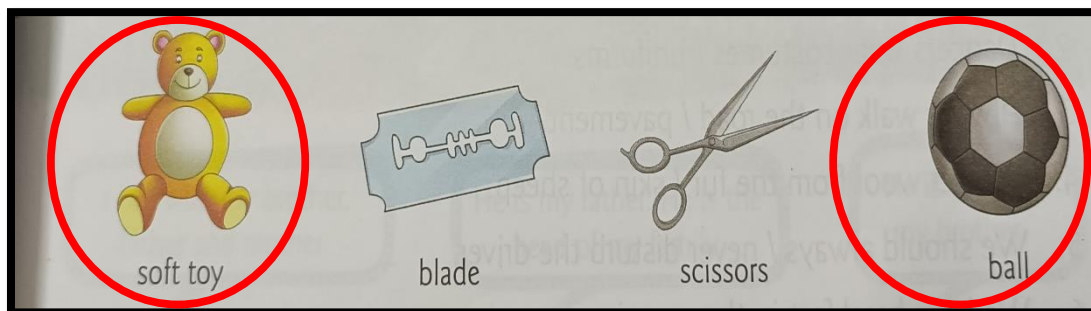
Text Book work:-

- ❖ Reading and explanation of Text book Page no. 28, 29 and 30.

Text Book Exercise:-

- Exercise on text book page no.31.

A. Circle the objects that are safe to play with. Use a red crayon:-



**B. Fill in the blanks with the names of sense organs: -**

1. Walk on the pavement. (pavement / road)
2. Never play with blades. (dolls / blades)
3. Wait in a line for a bus. (line / crowd)
4. When a person gets hurt, take him to a doctor. (driver / doctor)
5. Always play in the playground. (playground / car)

**C. Make ( 😊 ) for correct statement and ( 😞 ) for incorrect statement:-**

1. Run across the road. 😞
2. Do not jump on chairs and desks. 😊
3. Lean over a balcony railing. 😞
4. Do not go alone for a swim. 😊
5. Never disturb the driver. 😊

**❖ Activity on Page no. 31**

**Note Book Work:-**

**A. New words:-**

1. traffic
2. zebra crossing
3. sockets
4. electric wire
5. pavement
6. disturb
7. accident
8. medical

**B. Answer in one word:-**

1. Where should we cross the road?

Ans. Zebra crossing

1. Where should we walk on the road?

Ans. Pavement

**D. Answer the following questions:-**

1. Why should we follow safety rules?

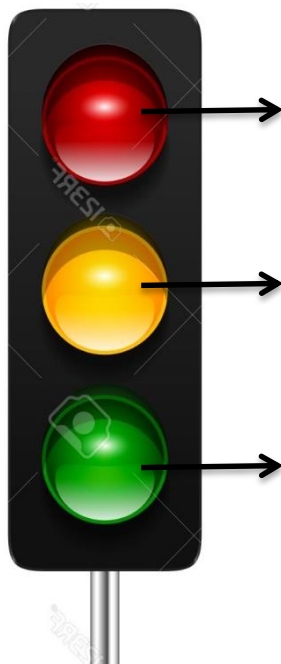
Ans. We should follow safety rules to avoid any accident or injury.

2. What is “First aid”?

Ans. First Aid is the medical help we give before the doctor comes.

**E. Draw, name and colour:-**

1. Traffic light



**Red says - STOP**

**Yellow says - READY**

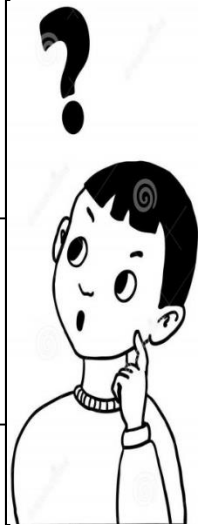
**Green says - GO**

**CBE based questions:-**

Riya's parents are not at home. She is alone at home. Her mother told her to follow the safety rules. She is confused that what will be the safety rules at home. She called Aman to ask the same. Aman explained her all the safety rules. Can you also help her to l



1	<hr/>
2	<hr/>
3	<hr/>
4	



**Delhi Public School, Gandhinagar**  
**EVS Sample book work**  
**Session -2022-23**

**CLASS 1**

**MONTH- APRIL & MAY**

**SYLLABUS- Chapter -1 ( About Me)**

**Chapter -2 ( My Body)**

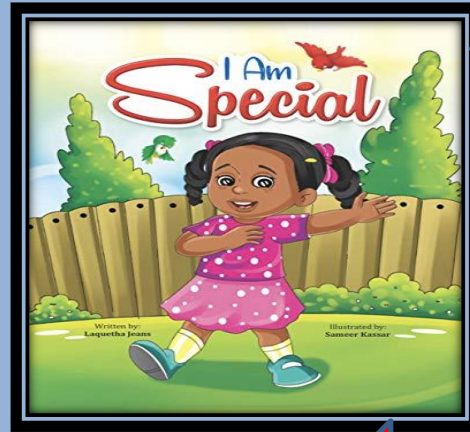
**Chapter -3 (My Sense Organs)**



Topic- Chapter -1 ( About Me)

Subtopics:-

- ❖ Self-introduction
- ❖ Likes and dislikes
- ❖ Address



Pg-1

Text Book work:-

- ❖ Reading and explanation of text book Page no.

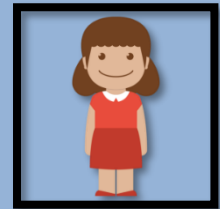
Pg-1

Text Book Exercise:-

- ❖ Exercise on text book page no.

Pg-2

- Saina told you about herself. She wants to be your friend and wants to know you. Tell her about herself.



Hello Saina!

I am Aditi.

I am a six year old girl. (girl/boy)

My birthday is on 15<sup>th</sup> February.

I study in Delhi Public School in Class I.

- My Family

My father's name is Mr. Suresh.

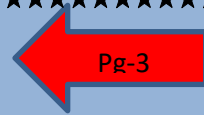
My mother's name is Ms. Shital.

My address is Motera, Gandhinagar.

- This is my family photograph.



❖ Exercise on text book page no.

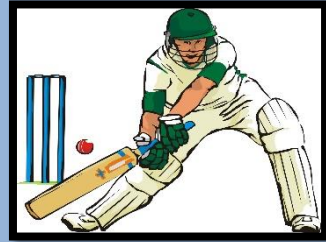


➤ I like (Paste picture or draw)

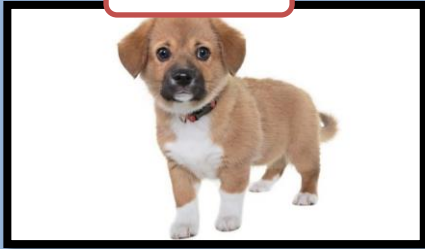
Food



Game



Animal



Dress

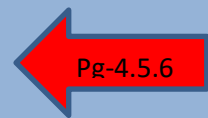


➤ I do not like (Write what you do not like)

- I do not like to fight.
- I do not like to make noise.
- I do not like eat chips.

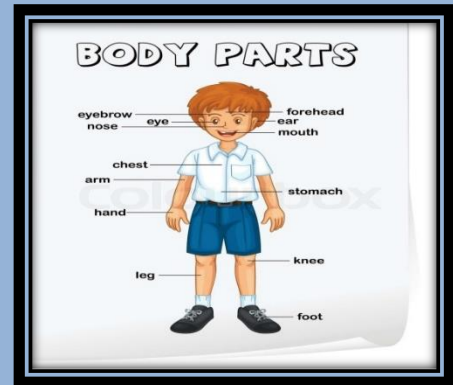
❖ Activity on text book page no. 03

Topic- Chapter -2 ( My Body)



Subtopics:-

- ❖ Different body parts
- ❖ Name and functions of body parts



Text Book work:-

❖ Reading and explanation of text book Page no. 4, 5 and 6.

## Text Book Exercise:-

➤ Exercise on text book page no.

Pg-7

A. Name the body parts with the help of the clues:-

**Exercise Time**

A. Name the body parts with the help of the clues.

yee	eye	hrai	hair
fcea	face	hdea	head
nsoc	nose	era	ear
wsrit	wrist	amr	arm
lge	leg	hnad	hand
ftee	feet	soet	toes

B. Circle the correct answer:

1. I have **black** / brown hair.
2. I have **long** / short hair.
3. I have **small** / **big** feet.
4. I have **white** / yellow teeth.
5. I have **curly** / straight hair.

C. Fill in the blanks. Use words from the box:-

five      two      legs      hand      two

1. My **legs** help me to walk.
2. I have **five** fingers in one hand.
3. I have **two** hand and **two** feet.
4. I use my **hand** to write.

## Note Book Work:-

### A. New words:-

1. body
2. finger
3. stomach
4. shoulders
5. exercise
6. kick
7. push
8. shrug

### B. Give two examples:-

1. Body part that are one in number  
Ans. a. nose      b. stomach
2. Activities done by using our hands and legs.  
Ans. a. swim      b. crawl

### C. Answer the following questions: - (CBE)

1. How do we carry our bags?

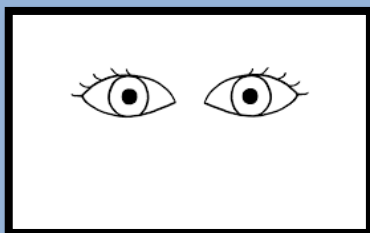
Ans. We carry our bags by using our back and shoulders.

2. Why should we take care of our body?

Ans. We should take care of our body to be fit and healthy.

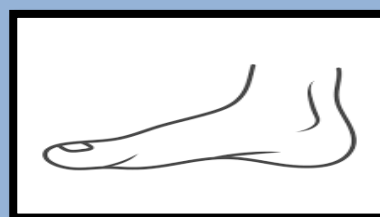
### 2. Draw, name and colour: - (CBE)

1. A part of your face



Eyes

2. A body part that is below your waist



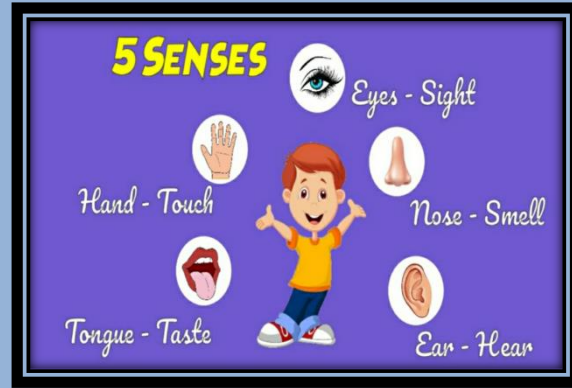
Leg

Topic- Chapter -3 (My Sense Organs)

Pg-8,9,10

Subtopics:-

- ❖ Different sense organs
- ❖ Name and functions of sense organs



Text Book work:-

- ❖ Reading and explanation of Text book Page no. 8, 9 and 10.

Text Book Exercise:-

- Exercise on text book page no.

Pg-10,11

A. Match the two columns:-

Column A		Column B		
1.	eyes	(2)	(a)	smell
2.	nose	(4)	(b)	feel
3.	ears	(5)	(c)	taste
4.	skin	(3)	(d)	hear
5.	tongue	(1)	(e)	see

B. Fill in the blanks with the names of sense organs:-

1. I read a book with my eyes.
2. I use my tongue to taste an ice cream.
3. I can feel a soft toy with my skin.
4. I hear the sound of drums with my ears.
5. I smell a flower with my nose.

**C. Look at the picture of the cat given below. Compare its body parts with yours and fill in the blanks**

1. I have two eyes and so does the cat.
2. I have two legs but the cat has four legs.
3. I have no tail but the cat has one tail.
4. I have one tongue and so does the cat.
5. I eat with my mouth like the cat.



**D. Make (  ) for a correct statement and (  ) for an incorrect statement:-**

1. Our hands are also sense organs.
2. We taste with our tongue.
3. Our eyes help us to smell.
4. Our skin helps us to feel things.



**❖ Activity on Page no.**

Pg-11

**Notebook Work:-**

**A. New words:-**

1. sense organs
2. tongue
3. taste
4. touch
5. smells
6. sour
7. bitter
8. salty

**B. Give two examples: - (CBE)**

1. Functions of skin.

Ans. a. feel    b. touch

1. Sour things.

Ans. a. lemon    b. orange

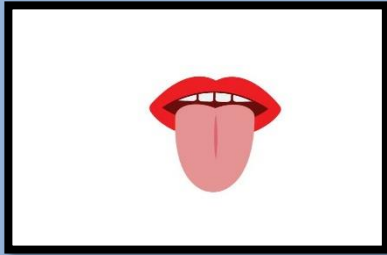
**C. Answer the following questions: -**

1. How many sense organs do we have? Name them.

Ans. We have **five** sense organs. **Eyes, ears, nose, tongue and skin.**

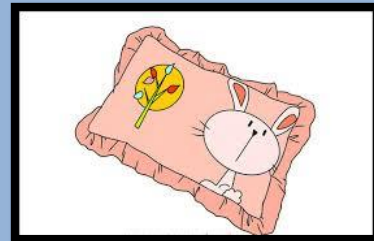
**D. Draw, name and colour: - (CBE)**

1. It helps us to enjoy ice-cream



**Tongue**

2. A thing that is soft



**Pillow**