



Delhi Public School Gandhinagar

SESSION – 2025-26

CLASS - 1

SUBJECT – EVS

Sample notebook

Month – June



**Syllabus: Ch-4 The Clothes We Wear
Ch-5 Food we Eat**



Month – June


Topic- Chapter -4 (The Clothes We Wear)

Subtopics:-

- ❖ Types of Clothes
- ❖ Materials Used to Make Clothes
- ❖ Uniforms
- ❖ Costumes

Reading and Explanation

Text Book work: - Page No.18,19,20, & 21



Quick Check

A. Tick (✓) the correct answer. (Correct Choice)

- Clothes help us to cover our bodies.
(a) Leaves ☐ (b) Petals ☐ (c) Clothes ☒
- We wear cotton clothes in summer.
(a) winter ☐ (b) summer ☒ (c) rainy season ☐
- We wear woollen clothes in winter.
(a) woollen ☒ (b) cotton ☐ (c) silk ☐
- Dancers and actors wear costumes while performing.
(a) uniforms ☐ (b) costumes ☒ (c) sweaters ☐

B. Fill in the blanks with the help of the given clues. (Words in Blanks)


- Woollen (Cotton/Woollen) clothes keep us warm.
- We wear a raincoat (raincoat/coat) when it rains.
- We wear special (simple/special) clothes for occasions.
- Dancers wear costumes while dancing (cooking/dancing).

C. Write True (T) or False (F). (True or False)

- We wear different clothes in different seasons. ☒ T
- Raincoats keep us warm. ☐ F
- Children wear uniforms to school. ☒ T
- All clothes are made of the same material. ☐ F

D. Answer the following questions. (Write and Learn)

- Why do we wear clothes?
- Name any four clothes we wear in winter.
- What are uniforms?
- From where do we get wool?



Let's Talk

What will happen if we wear cotton clothes in winter?

Think and Tell

Can we wear woollen clothes in summer? Why/Why not?

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LEARNING IS FUN

Word Search Puzzle

Unscramble the letters to write the names of different clothes we wear. Then, find them in the word search puzzle.

FORKC	F	R	O	C	K			
SOHTRS	S	H	O	R	T	S		
SIHTR	S	H	I	R	T			
JCAEKT	J	A	C	K	E	T		
SEWTAER	S	W	E	A	T	E	R	
MFUFELR	M	U	F	F	L	E	R	
RIACNAOT	R	A	I	N	C	O	A	T
GMUOOST	G	U	M	B	O	O	T	S

R	A	I	N	C	O	A	T	G	S
R	T	L	B	I	E	F	X	O	W
H	A	J	A	C	K	E	T	Y	E
E	M	O	R	F	H	H	R	N	A
G	U	M	B	O	O	T	S	R	T
L	F	Y	O	G	A	A	H	S	E
T	E	R	O	C	K	D	I	E	R
H	L	Y	H	V	C	L	R	A	N
Y	E	A	S	H	O	R	T	S	O
G	R	S	X	A	R	T	X	O	E

Skills • Observation • Decision-making

Life Skills

Which of the two girls takes care of her clothes and keeps them properly? Tick (✓) the correct picture.



Skills • Social and emotional skills • Logical thinking

Scrapbook Fun

Paste pictures of clothes you like to wear in your scrapbook. Use old magazines, books or newspapers to get the pictures.

Skills • Observation • Creativity

Note Book Work: -

A. New Words.

1. clothes	2. cotton
3. woollen	4. umbrella
5. protect	6. uniform
7. special	8. costume

B. Give two examples.

1. Things used in rainy season.

Ans. a. raincoat b. umbrella

2. People who wear uniform.

Ans. a. nurse b. postman

3. Woollen clothes

Ans. a. shawls b. muffler

C. Answer the following.

1. Why do we wear clothes?

Ans. We wear clothes to protect our body from heat, cold, rain, wind, dust and insects.

2. Name any 3 clothes we wear in summer season.

Ans. Clothes we wear in summer season:-

- a) skirt
- b) shorts
- c) frock

D. Draw, name & colour

1. Winter Season



muffler

2. A thing we use in rainy season.



umbrella


Topic- Chapter -5 (Food We Eat)

Subtopics: -

- ❖ Food
- ❖ Kinds of Food
- ❖ Milk Products
- ❖ Meals We Eat
- ❖ Good Food Habits

Reading and Explanation

Text Book work: - Page No. 24,25,26,27 & 28



Quick Check

A. Tick (✓) the correct answer. (Correct Choice)

1. What does food give us?	(a) energy <input checked="" type="checkbox"/>	(b) clothes <input type="checkbox"/>	(c) fresh air <input type="checkbox"/>
2. Which is the first meal of the day?	(a) lunch <input type="checkbox"/>	(b) breakfast <input checked="" type="checkbox"/>	(c) dinner <input type="checkbox"/>
3. Which animal gives us milk?	(a) horse <input type="checkbox"/>	(b) cat <input type="checkbox"/>	(c) cow <input checked="" type="checkbox"/>
4. Which of the following is a fruit?	(a) turnip <input type="checkbox"/>	(b) apple <input checked="" type="checkbox"/>	(c) onion <input type="checkbox"/>

B. Fill in the blanks with the help of the given clues. (Words in Blanks)

1. We get <u>eggs</u> (milk/eggs) from hen.
2. We have <u>lunch</u> (lunch/dinner) in the afternoon.
3. We should eat <u>healthy</u> (healthy/unhealthy) food.
4. We should not eat <u>uncovered</u> (covered/uncovered) food.

C. Write True (T) or False (F). (True or False)

1. We need food to grow.	<input checked="" type="checkbox"/> T
2. Plants give us only vegetables.	<input type="checkbox"/> F
3. We eat dinner in the morning.	<input type="checkbox"/> F
4. We should drink at least eight glasses of water every day.	<input checked="" type="checkbox"/> T

D. Answer the following questions. (Write and Learn)


- Why do we need food?
- Name the sources from where we get food.
- Name the three meals of the day.
- Write any two good food habits.

Let's Talk

Why do you think food is one of our basic needs?

Think and Tell

What are the various milk products you take to stay healthy?



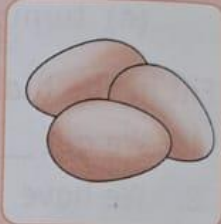
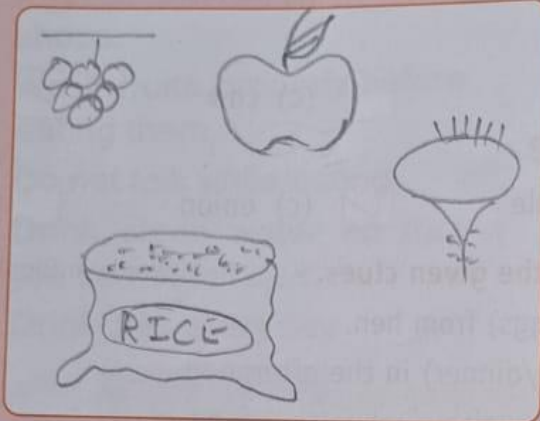


LEARNING IS FUN

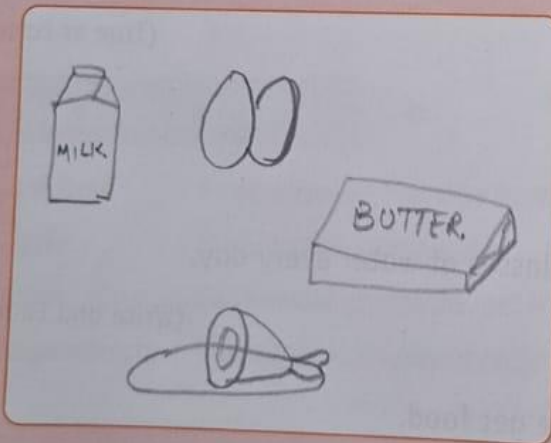
Fun with Pictures

Draw and colour pictures of the given food items in the correct boxes.

Food from plants



Food from animals



Skills • Observation • Creativity

Yummy Lemonade

Learn to make lemonade and fruit juice with the help of your parents. Enjoy the cold drinks during summer.

Skills • Interpersonal skills • Experimentation

Scrapbook Fun

Draw and colour any two fruits and two vegetables you like in your scrapbook. Name them and write one line about each.

Skills • Creativity • Observation

Note Book Work: -

A. New words: -

1. energy	2. vegetables
3. grains	4. meal
5. habits	6. plants
7. products	8. grow

B. Give two examples.

1. Animals that give us milk.

Ans. a. cow b. buffalo

2. Milk products

Ans. a. curd b. butter

3. Grains

Ans. a. rice b. wheat

4. Animals that give eggs.

Ans. a. hen b. duck

C. Answer the following.

1. Name the sources from where we get food.

Ans. We get food from plants and animals.

2. Define healthy meal.

Ans. A meal with all kinds of food in the right amount is called a healthy meal.

3. Why do we need food?

Ans. We need food to grow, stay healthy, and to get energy to work and play.



Delhi Public School Gandhinagar

SESSION – 2025-26

class-

SUBJECT – EVS

Sample notebook

Month – APRIL/MAY



Syllabus: Ch-1 About Me

Ch-2 My Body

Ch-3 Looking after My Body



Month – April

Topic- Chapter -1 (About Me)

Subtopics:-

- ❖ Self-Introduction
- ❖ I Am Special
- ❖ My Birthday
- ❖ What I Like

Text Book work: - Page No. 1

❖ **Activity**

- ❖ You have just got to know Raima and Rohan. Now tell us about yourself.



. My name is Sita. (students will write their name)

. I am a boy/girl. ✓ (students will write their gender)

Text Book work: - Page No. 2

- ❖ **My Birthday – The day we are born is called our birthday.**

My birthday is on ____.

I am ____year old.



My birthday is on ____.

I am ____year old.

❖ Activity

- ❖ Draw candles on the cake to show how old you are. Write your age and birthday in the blanks.

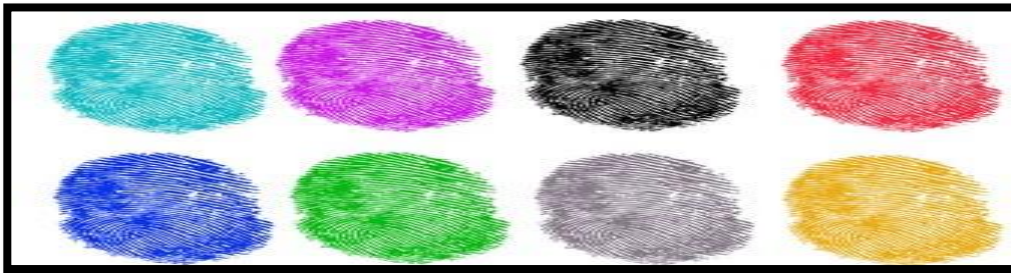


- . I am 6 years old.
- . My birthday is on (students will write their birthday)

Text Book work: - Page No. 3

❖ Activity

- ❖ Rub some water colour or ink on your fingers. Now press your fingers in the box given below.



❖ What I Like



Text Book work: - Page No. 4

Reading and explanation

Text Book Exercise:- Quick Check

❖ Exercise on text book page no. 5

A. Tick (✓) the correct answer.

1. On which day do you cut a cake?

a. holiday ✓ b. **birthday** c. Sunday

2. We make fingerprints with our **fingers**.

a. legs b. hair ✓ c. **fingers**

3. Hobby is the thing we like to do the most in our **free** time.

✓ a. **free** b. school c. sleep

B. Fill in the blanks with the help of the given clues.

1. The day we are born is called our **birthday**. (school day/birthday)

2. We all are **different** (different/ same) from each other.

3. The thing we like more than the others is our **favourite** (disliked/ favourite) things.

C. Write true (T) or False (F).

1. I am unique. **T**

2. My friend has the same fingerprints as me. **F**

3. I do not have any favourite thing. **F**

❖ **LEARNING IS FUN**

❖ **GIVEN IN NEP BASED ACTIVITIES [Summer vacation homework]**

Draw and colour or paste pictures of the following things in scrapbook.

➤ Favourite fruit, vegetable, food, games, cartoon, etc...

Note Book Work: -

A. New Words.

1. birthday
2. special
3. born
4. favourite
5. hobby
6. different
7. thing
8. free

B. Write about yourself. (Students will fill in their personal details)

Paste your
Photograph

1. My name is _____.
2. I am _____ years old.
3. I am a _____. (girl/boy)
4. I study in class I_____.

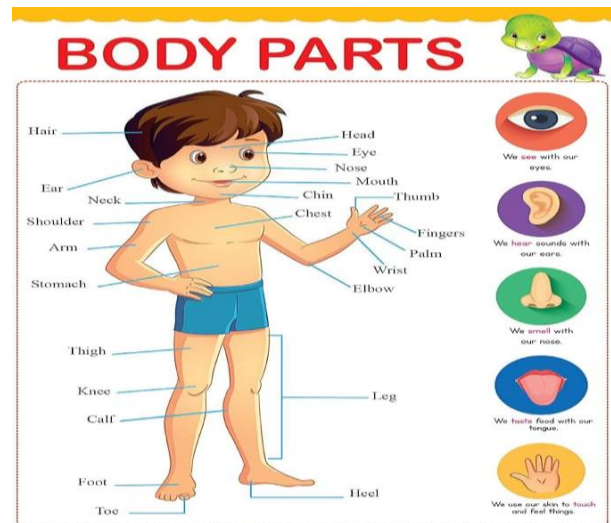
Topic- Chapter -2 (My Body)

Subtopics: -

- ❖ Parts of Our Body
- ❖ Sense Organ
- ❖ Our Body Parts Help Us
- ❖ Growing Up

Text Book work: - Page No. 7,8, 9 and 10
Reading and Explanation

Text Book work: - Page No. 11



A. Tick (✓) the correct answer. [CBE]

- We hold and pick with our hands.
a. necks ✓ b. hands c. heads
- Our legs help us to walk.
✓ a. walk b. write c. see
- We taste fruits with our tongue.
✓ a. tongue b. eyes c. skin
- We use our mouth to speak.
a. run ✓ b. speak c. pick

B. Fill in the blanks with the help of the given clues. [NCF]

1. I see a rainbow with my eyes. (eyes/ears)
2. I hear the chirping of birds with my ears. (ears / eyes)
3. I feel the cold ice cream with my skin. (ears / skin)
4. We use our hands and legs to crawl. (speak / crawl)

C. Write true(T) or False (F).

1. We swim using our hands only. F
2. Nose helps us to smell. T
3. Neck is a sense organ. F
4. We feel things with our skin. T

Note Book Work: -

A. New words: -

- | | | |
|--------------|----------|-----------|
| 1. legs | 2. hands | 3. skin |
| 4. shoulders | 5. mouth | 6. tongue |
| 7. healthy | 8. Back | |

B. Give two examples.

1. Which parts of the body are used to carry and push things?

Ans. back and shoulders

2. Body parts that are inside our mouth and help us to eat.

Ans. a. tongue b. teeth

C. Give one word. (CBE)

1. Which part of the body helps us to speak?

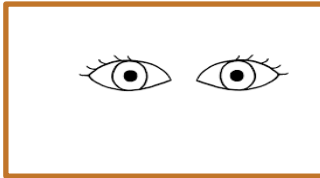
Ans. tongue

3. Which sense organ helps us to see a kite?

Ans. eyes

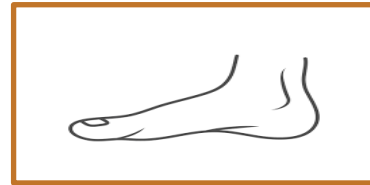
D. Draw, name and colour:- (CBE)

1. A part of your face



Eyes

2. A body part that helps us to walk



Leg

LEARNING IS FUN [CBE] GIVEN AS NEP BASED ACTIVITIES



Put in the Right Column

Some parts of our body are single whereas some are in pairs.
Write the body parts in the correct columns.

Body Parts (Single)	Body Parts (In pairs)
mouth	legs
chin	ears
stomach	hands
neck	eyes
nose	lips

mouth
lips
stomach
legs
neck
ears
hands
chin
eyes
nose

❖ FUN WITH RHYME [CBE]

Fun with Rhyme

Complete the poem.

Wonderful Little Me

My little eyes helps me to see the world.
My little nose helps me to smell the curd.
My little ears helps me to hear father call.
My little skin helps me to feel the wall.
My strong legs help me to walk and race.
My pink lips helps me to taste.



❖ FUN WITH LETTERS GIVEN AS NEP BASED ACTIVITIES

Fun with Letters

Unscramble the letters to write the names of the body parts.

- | | | | |
|---------|---------|-------------|-----------------|
| 1. FCAE | F A C E | 2. SLOHUEDR | S H O U L D E R |
| 3. HADE | H E A D | 4. STAMCHO | S T O M A C H |

Topic- Chapter -3 Looking after My Body

Subtopics: - Clean and Healthy Body
Keeping Fit

Text Book work: - Page No. 13,14 and 15

Reading and Explanation

Text book exercises...pg no 16

Quick Check

(Correct Choice)

A. Tick (✓) the correct answer.

1. Take a bath daily.
(a) once a week ☐ (b) daily ☒ (c) twice a week ☐
2. Drink 6 to 8 glasses of water every day.
(a) 4 to 6 ☐ (b) 3 to 6 ☐ (c) 6 to 8 ☒
3. Brush your teeth twice a day.
(a) once ☒ (b) twice ☐ (c) thrice ☐
4. Sleep for at least 8 hours daily.
(a) 8 ☒ (b) 9 ☐ (c) 10 ☐

B. Fill in the blanks with the help of the given clues.

(Words in Blanks)

1. We should drink clean (clean/dirty) water.
2. We should comb our hair (hand/hair) properly.
3. We should eat healthy (healthy/junk) food.
4. We should exercise (watch television/exercise) every day to stay fit.

C. Write True (T) or False (F).

(True or False)

1. It is good to play outdoor games to stay active.
2. We must wash our hands before and after having meals.
3. Drinking dirty water keeps us fit.
4. We should trim our nails regularly.

T
T
F
T



LEARNING IS FUN

Word Search Puzzle

Unscramble the letters to write the correct words related to the chapter. Then, find them in the word search puzzle.

HLEAHTY H E A L T H Y
CNLEA C L E A N
HBATI H A B I T
FTI F I T
ERXESCIE E X E R C I S E
YAGO Y O G A
BDOY B O D Y
SAMTR S M A R T

E	E	Y	E	F	P	B	E	G	I
R	L	L	B	I	E	F	X	O	T
H	A	B	I	T	Q	M	E	Y	O
E	O	O	R	F	H	H	R	N	D
A	W	D	F	A	C	E	C	T	K
L	G	Y	O	G	A	A	I	S	O
T	S	E	A	R	W	D	S	E	C
H	K	Y	H	V	C	L	E	A	N
Y	T	A	M	O	X	T	H	B	O
G	W	S	M	A	R	T	X	O	E

Skills • Observation • Decision-making

Classroom Activity

Bring any one thing you use to keep clean and talk about it in class. Examples of things you can bring are toothbrush, toothpaste, shoe polish, shoe brush, soap, hand wash, sanitizer, napkin, shampoo, ear buds, comb, nail clipper and tissue.

Skills • Logical thinking • Observation • Brainstorming

Life Skills

Colour the boxes orange for the things you should do before going to bed.

- Play around. ☐
- Change clothes. ☐
- Pack your bag. ☐
- Brush teeth. ☐
- Wish good night. ☐
- Wash face. ☐
- Watch television. ☐

Skills • Social and emotional skills • Observation

Scrapbook Activity: -

Paste pictures of any five things that help you to stay clean in your scrap book,

Note Book Work: -

A. New words: -

1. clean

2. body

3. water

4. chew

5. food

6. regularly

7. healthy

8. active

B. Tick (✓) the correct answer. [CBE]

1. Unclean body makes us fall _____.

Ans: a. tall

b. ill ✓

2. We should do _____ to stay healthy and fit.

Ans: a. exercise and yoga ✓

b. sleeping

3. We should drink _____ glasses of water everyday.

Ans: a. 2 to 3 glasses

b. 6 to 8 glasses ✓

C. Answer the following:

1. Write two habits you follow to stay clean.

Ans. 1. Take a bath daily.

2. Wash your hands before and after meals.

2. Write two things you do to stay fit.

Ans. 1. Eat healthy food.

2. Exercise and do yoga.