



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

**Sample Notebook**

**Subject: EVS**

**EVS FOR NOVEMBER**

## Topic- Chapter - 12 (Festivals We Celebrate)

### Subtopics: -

- ❖ Festivals
- ❖ Guruparab
- ❖ Diwali
- ❖ Eid al-Fitr
- ❖ Christmas
- ❖ National Festivals

Text Book work: - Page No. 65 - 68

### Reading and Explanation

Text Book work: - Page No. 69

## Text Book Exercise:- Quick Check

### ❖ Exercise on text book page no. 69

**Quick Check**

A. Tick (✓) the correct answer.

- Which of the following is called the festival of lights? (Correct Choice)  
(a) Christmas ☐ (b) Diwali ☒ (c) Eid al-Fitr ☐
- On which festival do people make *sewain*?  
(a) Eid al-Fitr ☒ (b) Christmas ☐ (c) Diwali ☐
- When is Republic Day celebrated?  
(a) 25 December ☐ (b) 26 January ☒ (c) 29 January ☐
- Who hoists the national flag on Independence Day?  
(a) Student ☐ (b) President ☐ (c) Prime Minister ☒ (Perfect Match)

B. Match the columns.

Column A	Column B
1. Diwali	2. (a) Santa Claus
2. Christmas	4. (b) <i>Namaz</i>
3. Gurpurab	1. (c) Diyas and candles
4. Eid al-Fitr	3. (d) Langar

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

- We decorate Christmas (Christmas/mango) trees on 25 December.
- We go to the mosque (gurdwara/mosque) to offer *namaz*.
- Langar is a free meal served in a gurdwara (gurdwara/church).
- A parade is held at Kartavya Path on Republic Day (Gandhi Jayanti/ Republic Day).

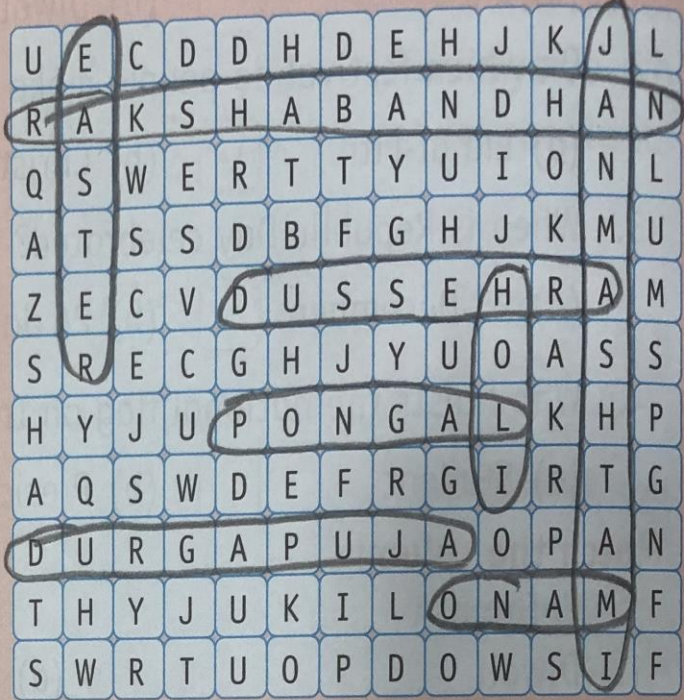
## ❖ Exercise on text book page no. 70

### Learning is Fun (NCF)

#### Word Search Puzzle

India is a land of festivals. Many festivals are celebrated here. Names of some festivals other than those mentioned in the chapter are given here. Find their names in the word search puzzle.

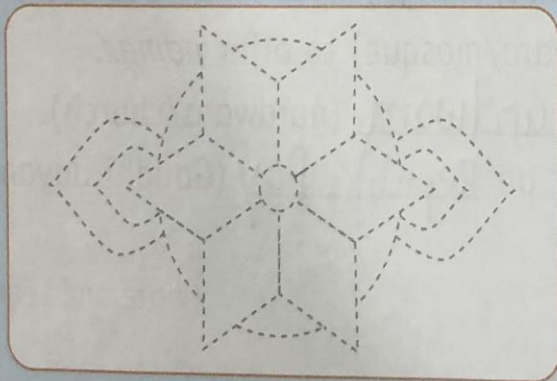
JANMASHTAMI	DUSSEHRA
HOLI	ONAM
PONGAL	EASTER
DURGA PUJA	RAKSHABANDHAN



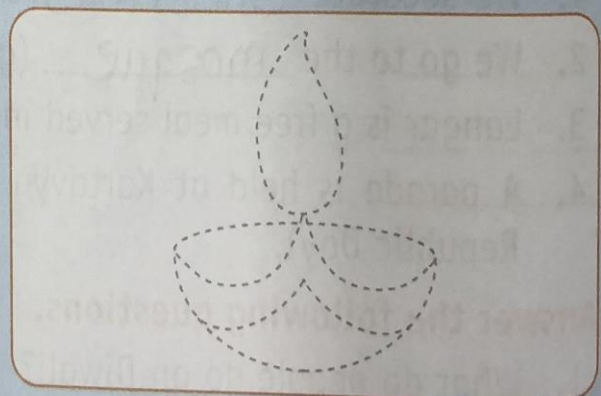
Skills • Observation • Decision-making

#### Fun with Colours

Join the dots and colour the pictures of things you do to decorate your house on Diwali.



make a rangoli



light diyas



## Note Book Work: -

### A. New words: -

1. festivals
2. celebrate
3. distribute
4. prayers
5. parade
6. decorate
7. worship
8. langar

### B. Give two examples.

1. National festivals.

Ans. a. Independence Day                      b. Republic Day

2. Things we use to decorate our house in Diwali.

Ans. a. lights                      b. diyas

### C. Answer the following:

1. Why should we celebrate festivals with our family and friends?

Ans. We should celebrate festivals with our family and friends to share happiness and have fun.

2. How do people celebrate Eid al-Fitr?

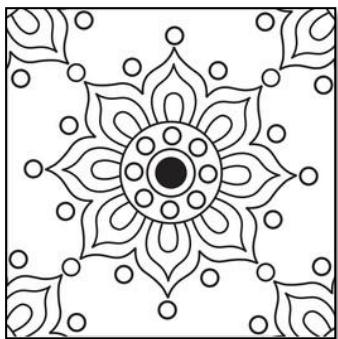
Ans. On Eid al-Fitr people offer namaz, wear new clothes and eat a special sweet called sewain.

3. How do we celebrate Independence Day?

Ans. On 15<sup>th</sup> August our Prime Minister hoists the national flag at Red Fort and everyone sings national anthem.

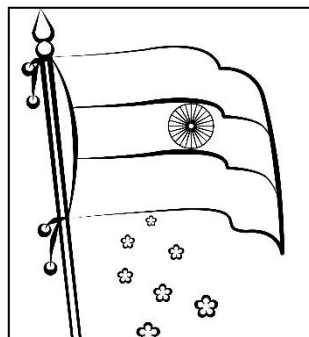
D. Draw name and colour.

1. A decorative item in Diwali



**Rangoli**

2. Our National Flag



**Tiranga**

## Topic- **Chapter - 13 (Travelling is Fun)**

Subtopics: -

- ❖ Means of Transport
- ❖ Air Transport
- ❖ Land Transport
- ❖ Water Transport

**Text Book work: - Page No. 71 - 73**

**Reading and Explanation**

**Text Book work: - Page No. 74**

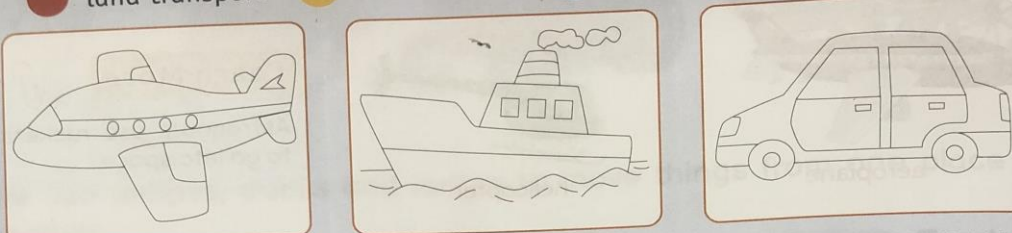
## Text Book Exercise:- Quick Check

### ❖ Exercise on text book page no. 74

**Quick Check** (Fun with Colours)

A. Colour the vehicles using the colour key.

● land transport ● air transport ● water transport



B. Name the following. (Name the Vehicles)

1. Two vehicles with three wheels	autorickshaw	cyclerickshaw
2. Two vehicles with two wheels	scooter	motorcycle
3. Two vehicles pulled by animals	tonga	bullock cart
4. Two vehicles pulled by engines	train	metro

C. Write the means of transport you will use to go to the following places. (What Will You Use)

1. Your grandmother's house	train / aeroplane / car
2. Your school	bus / car
3. Your uncle living in another city	train / aeroplane
4. A mall nearby	cycle / autorickshaw

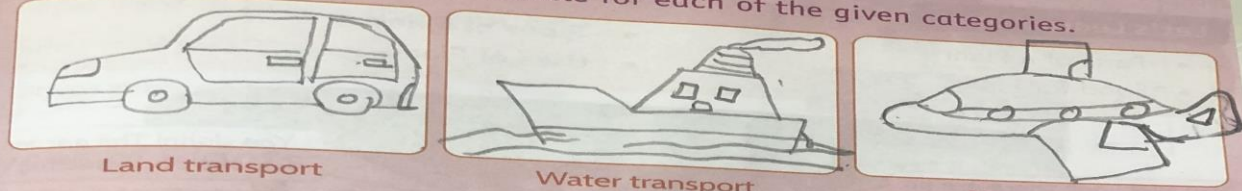
### ❖ Exercise on text book page no. 75

## Learning is Fun (NCF)

**LEARNING IS FUN**

**Fun with Pictures**

Paste or draw pictures of one vehicle for each of the given categories.



Land transport      Water transport      Air transport

**Life Skills** Skills • Logical thinking • Creativity

Name the means of transport these people should use in the following situations to reach their destination on time.

1. Riya lives in Delhi. She gets selected for a drawing competition which is in Mumbai. Which means of transport should she take? Aeroplane
2. Anant has to go to his friend's birthday party who lives ten kilometres away from his house. Which means of transport should he take? Car

## Note Book Work: -

### A. New words: -

1. transport
2. vehicles
3. various
4. wheels
5. steamers
6. engines
7. steamers
8. aeroplanes

### B. Give two examples.

1. Means of land transport.

Ans. a. truck                      b. bus

2. Vehicles that move on tracks.

Ans. a. train                      b. metros

3. Vehicles mostly seen in villages

Ans. a. tractor                      b. bullock cart

### C. Answer the following.

1. How do we travel to different places?

Ans. **We travel to different places using different means of transport.**

2. What is a vehicle?

Ans. **A vehicle is a thing used to carry people and things from one place to another.**



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

**Sample Notebook**

Subject:

**EVS FOR OCTOBER**



## Topic- Chapter - 10 (My School)

Subtopics: -

- ❖ School
- ❖ People Who Help Us in School
- ❖ Rooms in a School
- ❖ Keeping the School Clean

Text Book work: - Page No. 55 - 57

### Reading and Explanation

Text Book work: - Page No. 58

### Text Book Exercise:- Quick Check

#### ❖ Exercise on text book page no. 58

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

1. We study (study/sleep) in a classroom.
2. We find different kinds of books in the library (medical room / library).
3. We learn singing in the music (music / medical) room.
4. We should keep our school clean (dirty / clean).

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

1. We learn many things in school. T
2. There are only five rooms in a school. F
3. Teachers sit in the staffroom and do their work. T
4. We should not plant trees in the school. F

C. Think and write how these people help you in school. You may take help from your teacher or parents. CBE (Students will write on their own)

1. Teacher: \_\_\_\_\_
2. Librarian: \_\_\_\_\_
3. Gardener: \_\_\_\_\_
4. Nurse: \_\_\_\_\_

❖ Exercise on text book page no. 59

Learning is Fun (NCF)

**Word Search Puzzle**

Find the names of the objects we find in a classroom in the word search puzzle.

DUSTER	CHALK	DUSTBIN	DESK
CHAIR	BAG	WINDOW	WATER BOTTLE
CUPBOARD	BLACKBOARD	NOTICE BOARD	TABLE

The word search grid is 15x15. Words found include: DUSTER (vertical), CHAIR (vertical), CUPBOARD (vertical), CHALK (horizontal), BAG (horizontal), BLACKBOARD (horizontal), DUSTBIN (horizontal), WINDOW (horizontal), NOTICE BOARD (horizontal), DESK (horizontal), WATER BOTTLE (horizontal), and TABLE (horizontal).

## Note Book Work: -

### A. New words: -

1. library
2. staffroom
3. medical
4. hurt
5. auditorium
6. assembly
7. garbage
8. gardener

### B. Give two examples.

1. People who help us in school.

Ans. a. cleaner                      b. nurse

2. Rooms in school.

Ans. a. music room              b. library

### C. Answer the following:

1. Why do we go to school?

Ans. We go to school to learn new things and study.

2. How should we keep our school?

Ans. We should keep our school neat and clean.

3. What is a canteen?

Ans. Canteen is a place from where we buy things to eat.

Topic- Chapter - 11 (People Who Help Us)

Subtopics: -

❖ Our Helpers

Text Book work: - Page No. 60 - 62

Reading and Explanation

Text Book work: - Page No. 63

**Text Book Exercise:- Quick Check**

❖ Exercise on text book page no. 63

**A. Write the helper you will go to in the following situations.**

- |  |                  |
|--|------------------|
| 1. You want to get a broken shoe mended. | <u>A cobbler</u> |
| 2. You are sick.                         | <u>A doctor</u>  |
| 3. You want to get a shirt stitched.     | <u>A tailor</u>  |
| 4. You want to get a leaking tap fixed.  | <u>A plumber</u> |

**B. Answer in one word.**

- |                                    |                    |
|------------------------------------|--------------------|
| 1. Who takes care of patients?     | <u>A nurse</u>     |
| 2. Who looks after the garden?     | <u>A gardener</u>  |
| 3. Who brings letters and parcels? | <u>A postman</u>   |
| 4. Who washes clothes?             | <u>A washerman</u> |




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

1. Many people around us help us. T
2. A farmer teaches in school. F
3. A carpenter makes furniture. T
4. A milkman delivers letters. F

### ❖ Exercise on text book page no. 64



### Learning is Fun (NCF)



 **LEARNING IS FUN**



**Word Search Puzzle**



Unscramble the letters to identify the helpers. Then, find them in the word search puzzle.



TECAEHR	<b>TEACHER</b>	GRAEDNRE	<b>GARDENER</b>
FRAEMR	<b>FRAMER</b>	CBOBELR	<b>COBBLER</b>
NRUES	<b>NURSE</b>	MLIKAMN	<b>MILKMAN</b>
PULBMRE	<b>PLUMBER</b>	MSANO	<b>MASON</b>
FRIEAMN	<b>FIREMAN</b>	CRAEPNRTE	<b>CARPENTER</b>











































































































































































































































































































































































## Note Book Work: -

### A. New words: -

1. helpers
2. delivers
3. treats
4. patients
5. mends
6. furniture
7. country
8. enemies

### B. Name the following.

1. A person who protects our country from enemies.

Ans. A soldier.

2. A person who delivers milk to our house.

Ans. A milkman.

### C. Answer the following.

1. What does a greengrocer do?

Ans. A greengrocer sells fruits and vegetables.

2. What does a mason do?

Ans. A mason builds houses.

3. Who puts off fire?

Ans. A fireman puts off fire.



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

Sample Notebook

Subject:

**EVS For August**

Teacher – Ms. Neha

Month – August

Topic- Chapter -7 ( My Family)

Subtopics: -

- ❖ Family and Its Types
- ❖ Fun with Family
- ❖ Helping Each Other
- ❖ Learning from Family

Text Book work: - Page No. 37-40

❖ Reading and Explanation

### Text Book Exercise:- Quick Check

❖ Exercise on text book page no. 41

A. What kind of family are these? Write below each picture. (Picture Study) (NCF)



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Write the names and birthdays of your family members. (About Family)

- |                |       |       |
|----------------|-------|-------|
| 1. Grandfather | _____ | _____ |
| 2. Grandmother | _____ | _____ |
| 3. Father      | _____ | _____ |
| 4. Mother      | _____ | _____ |



## Exercise on text book page no. 17

### ❖ Learning is Fun (CBE)

**LEARNING IS FUN**

**Family Time**

Colour the balloons for the activities you do with your family.

water plants      go for shopping      celebrate festivals      study

Skills • Social and emotional skills • Creativity

**Life Skills**

What will you do in the following situations? Discuss in class.

1. Your mother is unwell and there is no one except you in the house.
2. Your sister/brother is unable to do the homework on her/his own.
3. Your younger cousin comes home and your mother asks you to look after her/him.
4. You break a glass kept on the table by mistake.

Skills • Social and emotional skills • Decision-making

## Note Book Work: -

### A. New Words.

1. family
2. together
3. cousins
4. surname
5. children
6. relatives
7. joint
8. celebrate

**B. Answer in one word. (CBE)**

1. What you call to your father's brother?

Ans. Uncle

2. The last common name used by all family members.

Ans. Surname

3. One thing we should give to our family members.

Ans. Respect

**C. Answer the following questions.**

1. What is a family?

Ans. A family is a group of people who are related to each other live together.

2. Name different kinds of family?

Ans. a. small Family      b. big Family      c. joint Family

3. What do we learn from our family?

Ans. We learn good manners and good habits from our family.

**Topic- Chapter -8 ( We Need Shelter)**

**Subtopics: -**

- ❖ Need of a House
- ❖ Rooms in a House
- ❖ Types of Houses
- ❖ A Good House
- ❖ Type of Roofs

**Text Book work: - Page No. 43-45**

**Reading and Explanation**

## Text Book Exercise:- Quick Check

### ❖ Exercise on text book page no. 46

#### A. Tick (✓) the correct answer.

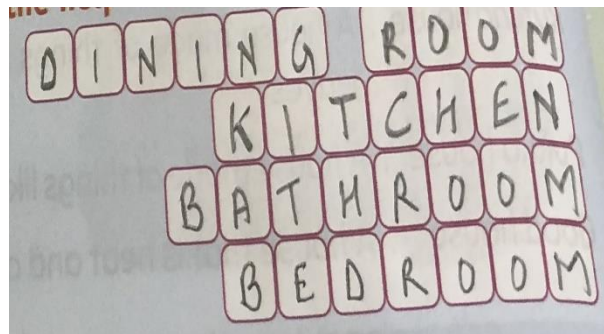
1. What is a kutchha house made of?  
a. cement                      b. bamboo ✓                      c. iron
2. What is a pukka house made of?  
a. mud                          b. dry leaves                      c. cement ✓
3. Where are houses with flat roofs found?  
a. hot places ✓                  b. cold places                      c. places with heavy rains
4. What does a good house have?  
a. lots of toys                  b. lots of plants ✓                  c. lots of waste

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

1. A house gives us shelter (shelter / flowers)
2. We feel comfortable (uncomfortable / comfortable) in our house.
3. Bungalow is a pukka (kutchha / pukka) house.
4. Sloping (Sloping / Flat) roofs help snow and rainwater to slide down the roofs easily.

#### C. Name the rooms of the house with the help of clues.

1. We eat meals in this room.
2. Mummy cooks food here.
3. We take a bath in this room.
4. We sleep in this room.



## Exercise on text book page no. 47

### ❖ Learning is Fun CBE

**Put in the Right Column**

Write the names of the given items in the rooms where they are found.

Drawing Room	Bedroom	Kitchen	Bathroom
chair	bed	gas burner	bathtub
carpet	wardrobe	refrigerator	soap
centre table	quilt	mixer	bucket
floor	pillows	pulses	shampoo
	cushions		wash basin

Skills • Logical thinking • Decision-making

### Note Book Work: -

#### A. New words: -

1. shelter
2. kutcha
3. pukka
4. bungalow
5. kitchen
6. storeroom
7. guests
8. cement



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

1. Materials used for pukka house.

Ans. a. cement      b. iron

2. Rooms in a house.

Ans. a. drawing room      b. kitchen

3. Pukka house.

Ans. a. apartment      b. bungalow

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

1. What is a kutcha house?

Ans. A kutcha is house made of wood, straw, bamboo, mud and dry leaves.

2. In which room do we make our guests sit?

Ans. We make our guests sit in drawing room.

3. What does a good house has?

Ans. A good house has many doors and windows, lots of plants and dustbin to throw waste.

**D. Draw, name and colour (NCF)**

A kutcha house



Hut

A pukka house



Bungalow



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

**Sample Notebook**

Subject:

**EVS FOR July**

## Topic- Chapter -5 (Food We Eat)

Subtopics: -

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

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

### Reading and Explanation

Text Book work: - Page No. 29

### Text Book Exercise:- Quick Check

#### ❖ Exercise on text book page no. 29

A. Tick (✓) the correct answer:

1. What does food give us?

- a. energy ✓      b. clothes      c. fresh air

2. Which is the first meal of the day?

- a. lunch      b. breakfast ✓      c. dinner

3. Which animal gives us milk?

- a. horse      b. cat      c. cow ✓

4. Which of the following is a fruit?

- a. turnip      b. apple ✓      c. onion

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

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

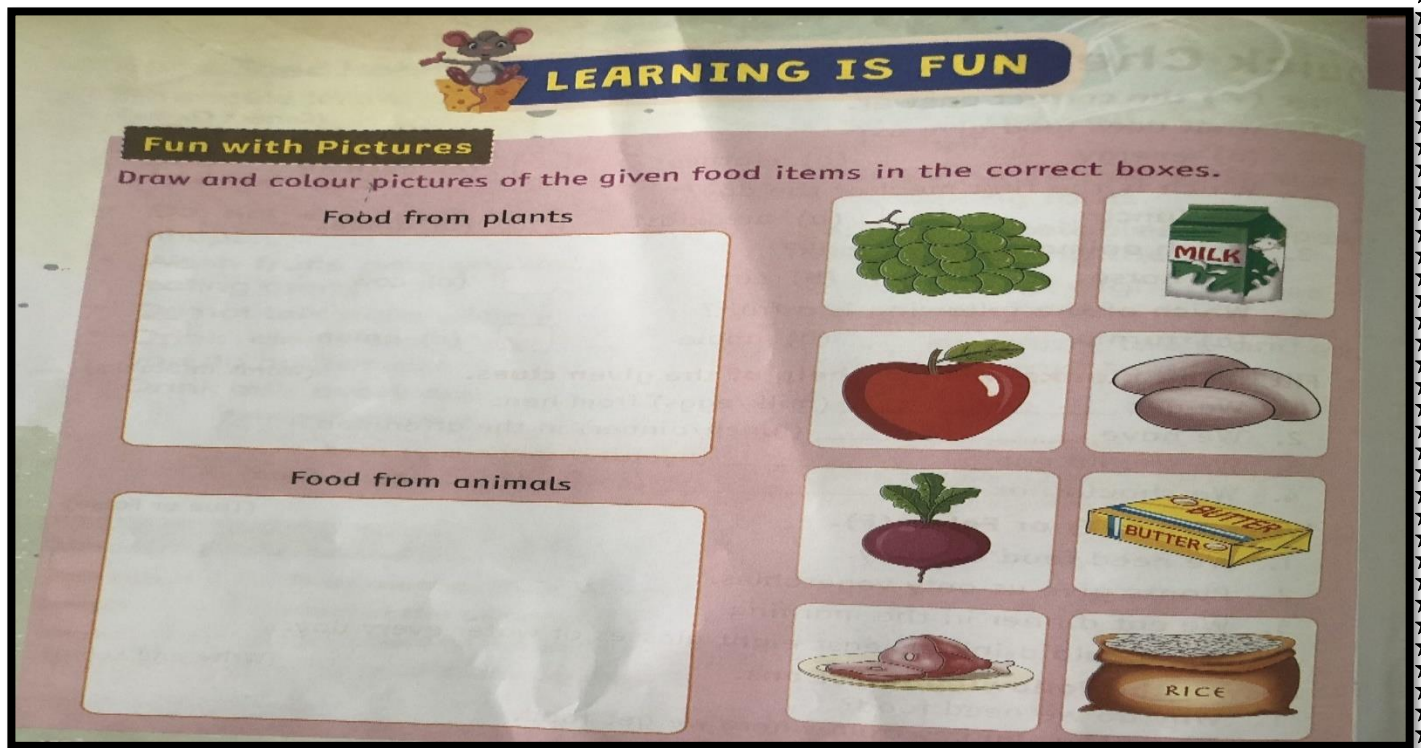
**C. Write True (T) or False (F).**

1. We need food to grow. T
2. Plants give us only vegetables. F
3. We eat dinner in the morning. F
4. We should drink at least eight glasses of water every day. T



❖ Exercise on text book page no. 30

❖ Learning is Fun (NCF) PRACTICE WORK



## Note Book Work: -

### A. New words: -

1. energy
2. breakfast
3. vegetables
4. pulses
5. dinner
6. products
7. brunch
8. afternoon

## B. Give two examples. (CBE)

1. Milk products.

Ans. a. curd                      b. cheese

2. Vegetables.

Ans. a. cabbage                      b. potato

3. Animals that give eggs.

Ans. a. hen                              b. duck

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

1. Why do we need food?

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

2. Name the sources from where we get food.

Ans. We get food from plants and animals.

3. Name any three meals of the day?

Ans. a. breakfast

      b. lunch

      c. dinner

4. Write any two good food habits. (Oral)

Ans. a. Do not eat uncovered food.

      b. Wash your hands before and after eating.

## Topic- Chapter -6 (Safety Rules)

### Subtopics: -

- ❖ Safety
- ❖ Safety in playground
- ❖ Safety in Swimming Pool
- ❖ Safety at Home
- ❖ Safety on the Road
- ❖ Safety at School
- ❖ Safety in a Vehicle

Text Book work: - Page No. 31,32,33 and 34  
**Reading and Explanation**

Text Book work: - Page No. 35

**Text Book Exercise:- Quick Check**

❖ **Exercise on text book page no. 35**

**A. Tick (✓) the correct answer.**

1. Do not play with knives at home.  
a. ludo                      b. knives ✓                      c. carrom board
2. Leave school only with your parents.  
a. friends                      b. strangers                      c. parents ✓
3. Always obey the rules of a game.  
a. rules ✓                      b. lines                      c. stories
4. Use a swimming tube if you are learning to swim.  
a. bucket                      b. tube ✓                      c. pipe

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

1. Always walk on the pavement (road/pavement).
2. Do not stand near the door (door/window) of a bus.
3. Never jump (sit/jump) on a bed or a sofa.
4. Do not fight (fight/play) with other children.

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

1. We should always cross the road at the zebra crossing. T
2. We should get into a moving vehicle. F
3. We should not lean over a balcony railing. T
4. We should push each other on the swing. F

## Exercise on text book page no. 36

## ❖ Learning is Fun (CBE)(Oral)

## Life Skills

### Why will you stop a child when you see her/him in the following situations?

- ## 1. Playing on the road

**Ans. Because she/ he might meet with an accident.**

- ## 2. Taking head out of the car's window

Ans. Because she/he may bump their head.

- ### 3. Playing with a knife

**Ans. Because she/he might hurt themselves.**

- #### 4. Going to the swimming pool without a swimming tube

**Ans. Because she/he might drown themselves.**

- ## 5. Fighting with other children

Ans. Because she/he may hurt each other.

- ## 6. Trying to get off a moving bus

**Ans.** Because she/he might get badly injured.



## Note Book Work: -

### A. New words: -

1. safety
2. playground
3. danger
4. terrace
5. stranger
6. pavement
7. queue
8. adult

### B. Give two examples. (CBE)

1. Things you should not play with at home.

Ans. a. knives                      b. matchsticks

2. Things we follow for road safety.

Ans. a. traffic lights              b. use of zebra crossing

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

1. What is safety?

Ans. Safety means staying safe from getting hurt or any kind of danger.

2. Why is it important to follow safety rules?

Ans. It is important to follow safety rules to be safe indoor as well as outdoors.

3. What should you do before crossing the road?

Ans. Look to the right, then to the left and again to the right before crossing the road.

4. Write two ways to stay safe in school. (Oral)

Ans. a. Do not run, walk in line while going up or down the stairs.

b. Do not leave the school with a stranger or a child.



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

Sample Notebook

Subject:

**EVS**

**For April and May**

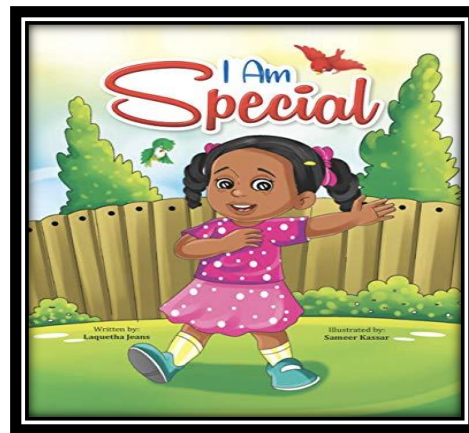
Teacher – Ms. Neha

Month – April

Topic- Chapter -1 ( About Me)

Subtopics:-

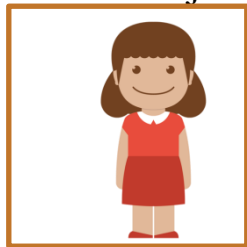
- ❖ Self-introduction
- ❖ I Am Special
- ❖ My Birthday
- ❖ What I Like



Text Book work: - Page No. 1

❖ Activity

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



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

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

Text Book work: - Page No. 2

❖ Activity

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



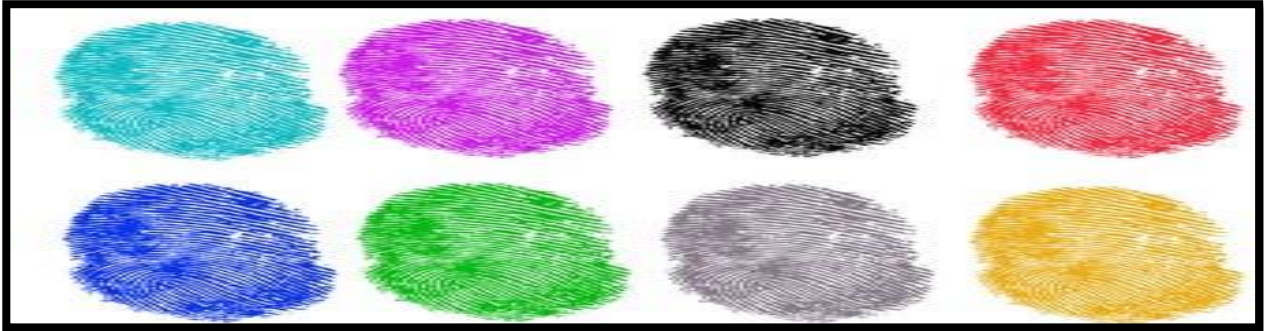
. I am 6 years old.

. 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.



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.

1. I am unique. T
2. My friend has the same fingerprints as me. F
3. I do not have any favourite thing. F

1. special
2. birthday
3. born
4. favourite
5. hobby
6. different
7. like
8. colour

Paste your  
Photograph

- Page 4 of 7★



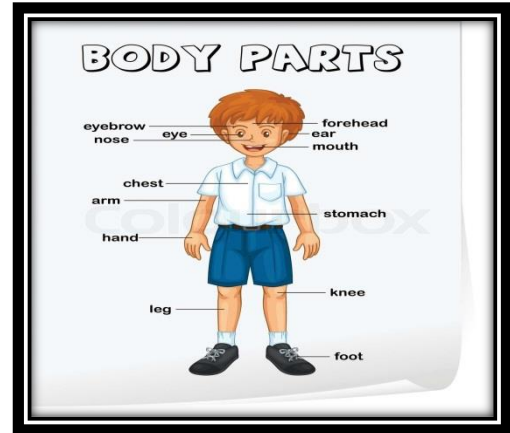
2. The thing which we like to do the most in our free time is our \_\_\_\_\_.

Ans. Hobby.

## 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

### Text Book Exercise:- Quick Check

#### ❖ Exercise on text book page no. 11

A. Tick (✓) the correct answer.

1. We hold and pick with our hands.

- a. necks      ✓ b. hands      c. heads

2. Our legs help us to walk.

- ✓ a. walk      b. write      c. see

3. We taste fruits with our tongue.

- ✓ a. tongue      b. eyes      c. skin

4. We use our mouth to speak.

a. run

✓ b. speak

c. pick

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

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. sense organ
2. hands
3. jump
4. shoulders
5. mouth
6. tongue
7. healthy
8. growing

**B. Give two examples: -**

1. Activities in which we use our back and shoulders.

Ans. a. push      b. carry

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

Ans. a. tongue      b. teeth

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

1. Which sense organ helps us to speak?

Ans. We use our tongue to speak.

2. Which sense organ helps us to know the colour of an object?

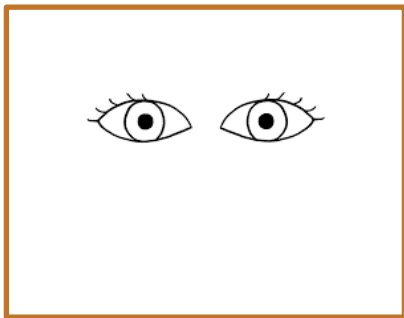
Ans. We use our eyes to know the colour of an object.

3. What do we need to grow and stay healthy?

Ans. We need food, clean water, fresh air, exercise and rest to grow and stay healthy.

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

1. A part of your face



Eyes

2. A body part that helps us to walk



Leg



Delhi Public School Gandhinagar  
Academic Session (2023-24)

Class I

Sample Notebook

Subject:

**EVS FOR JUNE**

Teacher – Ms. Neha

Month – June

Topic- Chapter -3 ( Looking After My Body)

Sub topics:-

- ❖ Clean and Healthy Body
- ❖ Keeping Fit

Text Book work: - Page No. 13-15

❖ Reading and Explanation

### Text Book Exercise:- Quick Check

❖ Exercise on text book page no. 16

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

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

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).

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

❖ Exercise on text book page no. 17

❖ Learning is Fun (CBE)

**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

**Life Skills**

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

• Play around.	<input type="checkbox"/>	• Brush teeth.	<input checked="" type="checkbox"/>	• Wash face.	<input type="checkbox"/>
• Change clothes.	<input checked="" type="checkbox"/>	• Wish good night.	<input checked="" type="checkbox"/>	• Watch television.	<input type="checkbox"/>
• Pack your bag.	<input type="checkbox"/>				

Skills • Social and emotional skills • Observation

## Note Book Work: -

### A. New Words

1. healthy
2. clean
3. daily
4. morning
5. regularly
6. clothes
7. exercise
8. outdoor

### B. Give two examples:

1. Two things which helps us to keep our body clean.

Ans. a. soap

b. towel

2. Activities that keep our body fit.

Ans. a. exercise

b. outdoor games

3. Two things that we should do to keep our hair clean.

Ans. a. washing

b. combing

2



3. We wear woollen clothes in winter.

- a. woollen ✓      b. cotton      c. silk

4. 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.**

1. Woollen (Cotton/Woollen) clothes keep us warm.

2. We wear a raincoat (raincoat/coat) when it rains.

3. We wear special (simple/special) clothes for occasions.

4. Dancers wear costumes while dancing (cooking/dancing).

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

1. We wear different clothes in different seasons.

T

2. Raincoats keep us warm.

F

3. Children wear uniforms to school.

T

4. All clothes are made of the same material.

F

❖ **Exercise on text book page no. 23**

❖ **Learning is Fun**



## 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

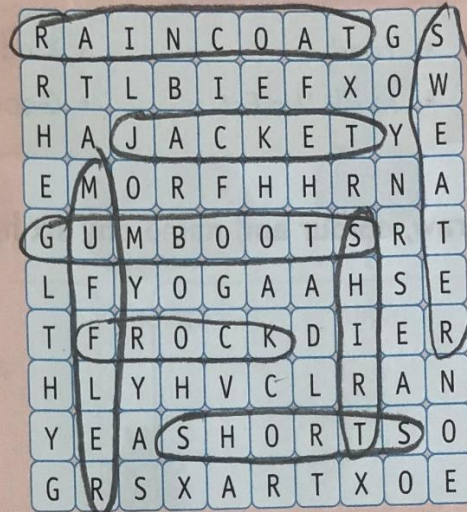
M U F F L E R

RIACNAOT

R A I N C O A T

GMUOOST

G U M B O O T S



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



## Note Book Work: -

### A. New words: -

1. clothes
2. materials
3. special
4. occasions
5. cotton
6. woollen
7. silk
8. costumes

### B. Give two examples (CBE):

1. Materials used to make clothes

Ans. a. cotton      b. silk

2. People who wear uniform for their work.

Ans. a. doctor      b. policeman

3. Things we use in rainy season.

Ans. a. raincoats      b. gumboots

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

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 four clothes we wear in winter.

Ans. We wear sweater, jacket, muffler and gloves in winter.

3. What are uniforms?

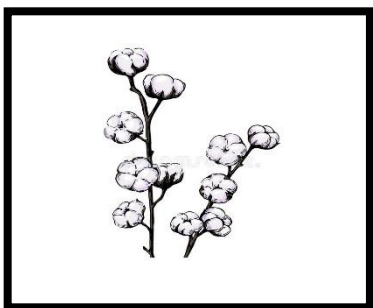
Ans. Uniforms are special clothes worn at work by people who do the same kind of work.

4. From where do we get wool?

Ans. We get wool from the fur on the body of animals like rabbit, sheep and yak.

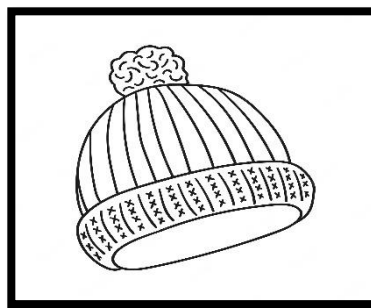
**D. Draw, name and colour (NCF)**

1. Cotton plant



**Cotton plant**

2. Winter wear



**Woollen cap**