



Delhi Public School Gandhinagar

SESSION – 2025-26

CLASS - 1

SUBJECT – EVS

Sample notebook

Month – August



**Syllabus: Ch-8 We Need Shelter
Ch-9 Our Neighbourhood**



Month – **August**

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

Subtopics:-

❖	Types of Houses
❖	Types of Roof
❖	Rooms in a House
❖	A Good House

Reading and Explanation

Text Book work: - Page No.43, 44 & 45

- Exercise on text book page no. Pg.no. 46

Quick Check

A. Tick (✓) the correct answer.

1. What is a *kutcha* 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 the houses with flat roofs found?

✓i) **hot places**

b) cold places

c) places with heavy rain

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** (*kutcha*/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. (NCF)

1. We eat meals in this room.

D I N I N G R O O M

2. Mummy cooks food here.

K I T C H E N

3. We take a bath in this room.

B A T H R O O M

4. We sleep in this room.

B E D R O O M

- LEARNING IS FUN** textbook pg.no.47 **(CBE)**

Put in the right column

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

bed	wardrobe	soap	shampoo	mixer
chair	sofa	quilt	wash basin	centre table
utensils	gas burner	bucket	pillows	pulses
carpet	bathtub	refrigerator	cushions	floor

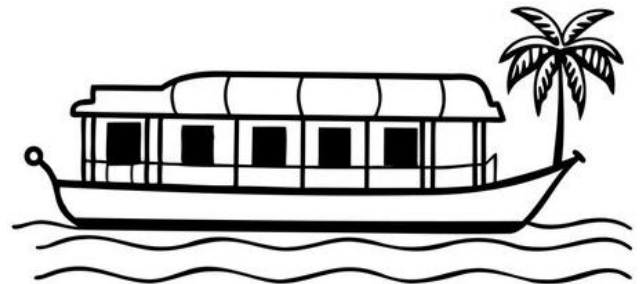
Drawing Room	Bedroom	Kitchen	Bathroom
chair	bed	utensils	bathtub
carpet	wardrobe	gas burner	soap
sofa	quilt	refrigerator	bucket
cushions	pillows	mixer	shampoo
centre table	floor	pulses	wash basin

Fun with colours

These are the pictures of some special houses. Read their names and colour them.
(H.W)



tent house



houseboat

Notebook Work: -

A. New Words.

1. shelter	2. kutcha
3. pukka	4. bungalow
5. thieves	6. sloping
7. kitchen	8. straw

B. Give two examples. (CBE)

1. Pukka house

Ans. a. bungalow
b. apartment

2. Rooms in a house

Ans. a. kitchen
b. bathroom

3. Materials used to make pukka house

Ans. a. cement
b. bricks

Topic- Chapter -9 (Our Neighbourhood)

Subtopics: -

❖ Neighbourhood

❖ Places in our neighbourhood

Reading and Explanation

Text Book work: - Page No. 48, 49, 50 & 51.

■ Exercise on text book page no. Pg.no.52

Quick Check

A. Complete the names of the places where you will go to do the following things.
(NCF)

1. Visit a sick friend.
2. Post a letter.
3. Study and learn new things.
4. Buy toys.

H	O	S	P	I	T	A	L
P	O	S	T		O	F	F
	S	C	H	O	O	L	
M	A	R	K	E	T		

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

1. We go to a bus stop (school/bus stop) to take a bus.
2. We play in a park (park/auto stand).
3. We keep our money in a bank (hospital/bank).
4. We go to a hospital (school/hospital) when we are sick.

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

1. We go to a restaurant to play.
2. We take a train from a railway station.

F

T

3. We go to a school to study.
4. We must keep our neighbourhood dirty.

T
F

■ Learning is Fun textbook pg.no.53 (CBE)

■ Word Search Puzzle (H.W)

Unscramble the letters to write the correct names of the places. Then, find them in the word search puzzle.

PRAK					SOCHLO						
HPTOSIAL											
CUHCRH											
GRUWDRAA											
MRAEKT											
RSETUARNAT											

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

Notebook Work: -

A. New words: -

1. neighbourhood

2. comfortable

3. market	4. restaurant
5. neighbours	6. hospital
7. church	8. bank

B. Give two examples. (CBE)

1. Places of worship.

Ans. a. temple

b. church

2. Places in our neighbourhood.

Ans. a. post office

b. park

C. Answer in one word.

1. The people living around our house.

Ans. neighbours

2. Name the place to study and learn new things.

Ans. school

3. The location from where we take a bus.

Ans. bus stop

4. The place we go when we are sick or hurt.

Ans. hospital

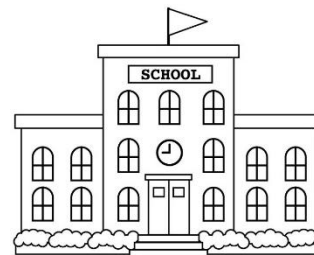
D. Draw, name and colour.

1. A place where keep our money and jewellery safe.



Bank

2. A place where we go to study.



School



Delhi Public School Gandhinagar

SESSION – 2025-26

CLASS - 1

SUBJECT – EVS

Sample notebook

Month – July



Syllabus: Ch-6 Safety Rules
Ch-7 My Family



Month – **July**

Topic- **Chapter -6 (Safety Rules)**

Subtopics:-

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

Reading and Explanation

Text Book work: - Page No.31, 32, 33 & 34

▪ Exercise on text book page no. Pg.no. 35

Quick Check

A. Tick (✓) the correct answer.

1. Do not play with **knives** at home.

a) ludo b) **knives** ✓ c) carom 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 swings.

F

▪ **LEARNING IS FUN** textbook pg.no.36 (CBE)

■ Life Skills

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

1. Playing on the road.

Ans. **She/he might meet with an accident.**

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

Ans. **She/he might bump her/his head.**

3. Playing with a knife.

Ans. **She/he might get hurt.**

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

Ans. **She/he might get drown.**

5. Fighting with other children.

Ans. **She/he might hurt each other.**

6. Trying to get off a moving bus.

Ans. **She/he might get badly injured.**

Notebook Work: -

A. New Words.

1. safety	2. electric
3. stranger	4. pavement
5. queue	6. disturb
7. inform	8. adult

B. Give two examples. (CBE)

1. Safety rules at school.

Ans. **a. Do not jump on desk.**

b. Always walk in a line.

2. Safety rules on the road.

Ans. **a. Walk on the pavement.**

b. Do not play or run on the road.

C. Answer the following.

1. Why we should follow safety rules?

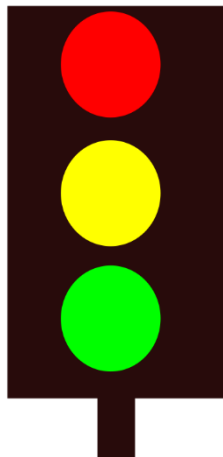
Ans. We should follow safety rules **to stay safe.**

2. 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.

D. Draw, name & colour

Traffic light



Red says “**stop**”

Yellow says “**wait**”

Green says “**go**”

Topic- Chapter -7 (My Family)

Subtopics: -

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

Reading and Explanation

Text Book work: - Page No. 37, 38, 39 & 40.

■ Exercise on text book page no. Pg.no.41

Quick Check

A. What kind of families are these? Write below each picture. (NCF)

		
Joint family	Small family	Big family

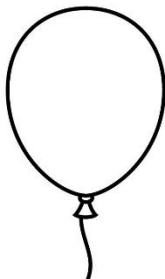
B. Write the names and birthdays of your family members. (About Family) (H.W)

1. Grandfather		
2. Grandmother		
3. Father		
4. Mother		

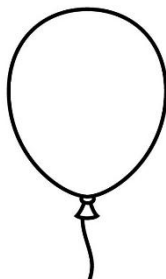
■ Learning is Fun textbook pg.no.42 (CBE)

Family Time

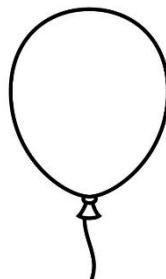
Colour the balloons for the activities you do with your family. (H.W)



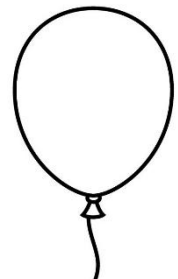
water plants



go for shopping



celebrate festivals



study

Notebook Work: -

A. New words: -

1. family	2. surname
3. cousins	4. respect
5. together	6. children
7. relatives	8. politely

B. Answer the following.

1. Name different types of family.

Ans. a. small

b. big

c. joint

2. What is a surname?

Ans. The last common name used by all family members is called surname.

3. What do you learn from your family?

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



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)

1. Clothes help us to cover our bodies.
(a) Leaves ☐ (b) Petals ☐ (c) Clothes ☒
2. We wear cotton clothes in summer.
(a) winter ☐ (b) summer ☒ (c) rainy season ☐
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. (Words in Blanks)

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). (True or False)

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

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

1. Why do we wear clothes?
2. Name any four clothes we wear in winter.
3. What are uniforms?
4. 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?





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 ☒	(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. (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.	☒ 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

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

1. Why do we need food?
2. Name the sources from where we get food.
3. Name the three meals of the day.
4. 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?

29

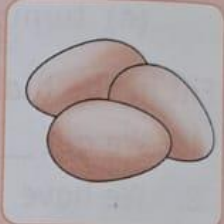
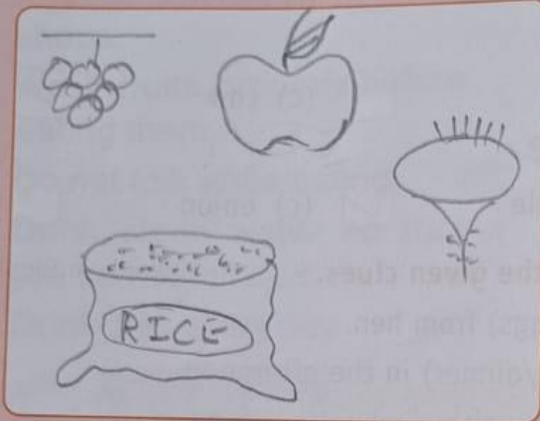


LEARNING IS FUN

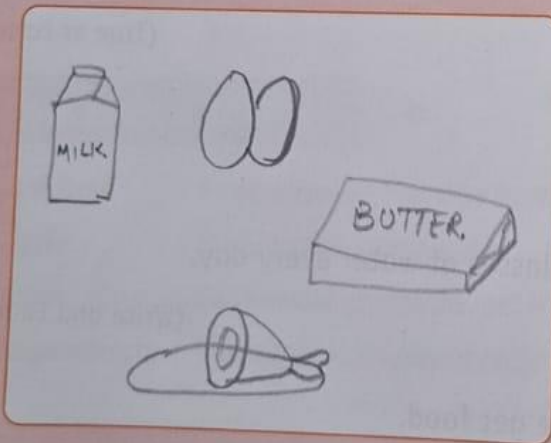
Fun with Pictures

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)

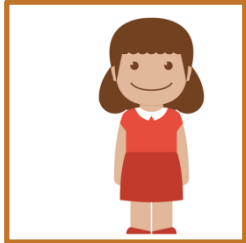
Subtopics:-

- ❖ 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.

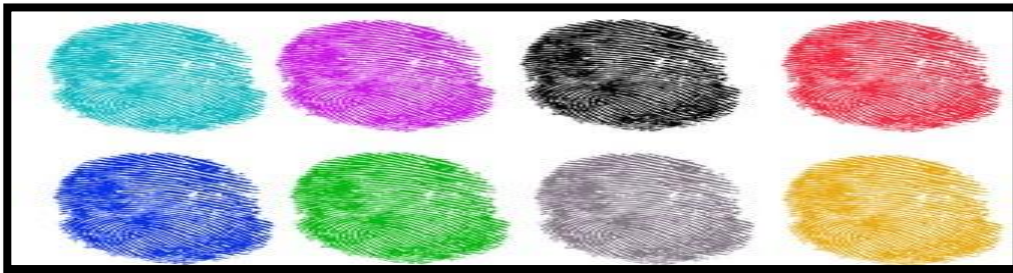


- . I am 6 years old.
- . My birthday is on (students will write their birthday)

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_____.

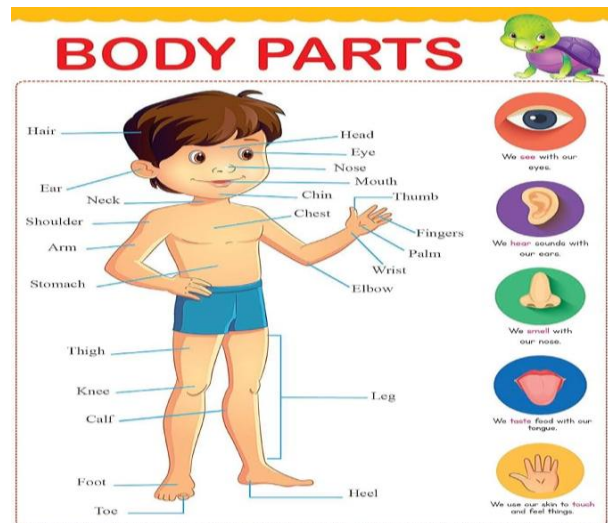
Topic- Chapter -2 (My Body)

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?

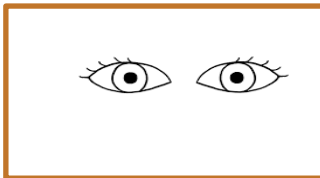
Ans. tongue

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

Ans. eyes

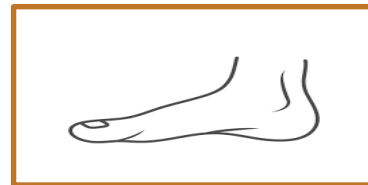
D. Draw, name and colour:- (CBE)

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.