



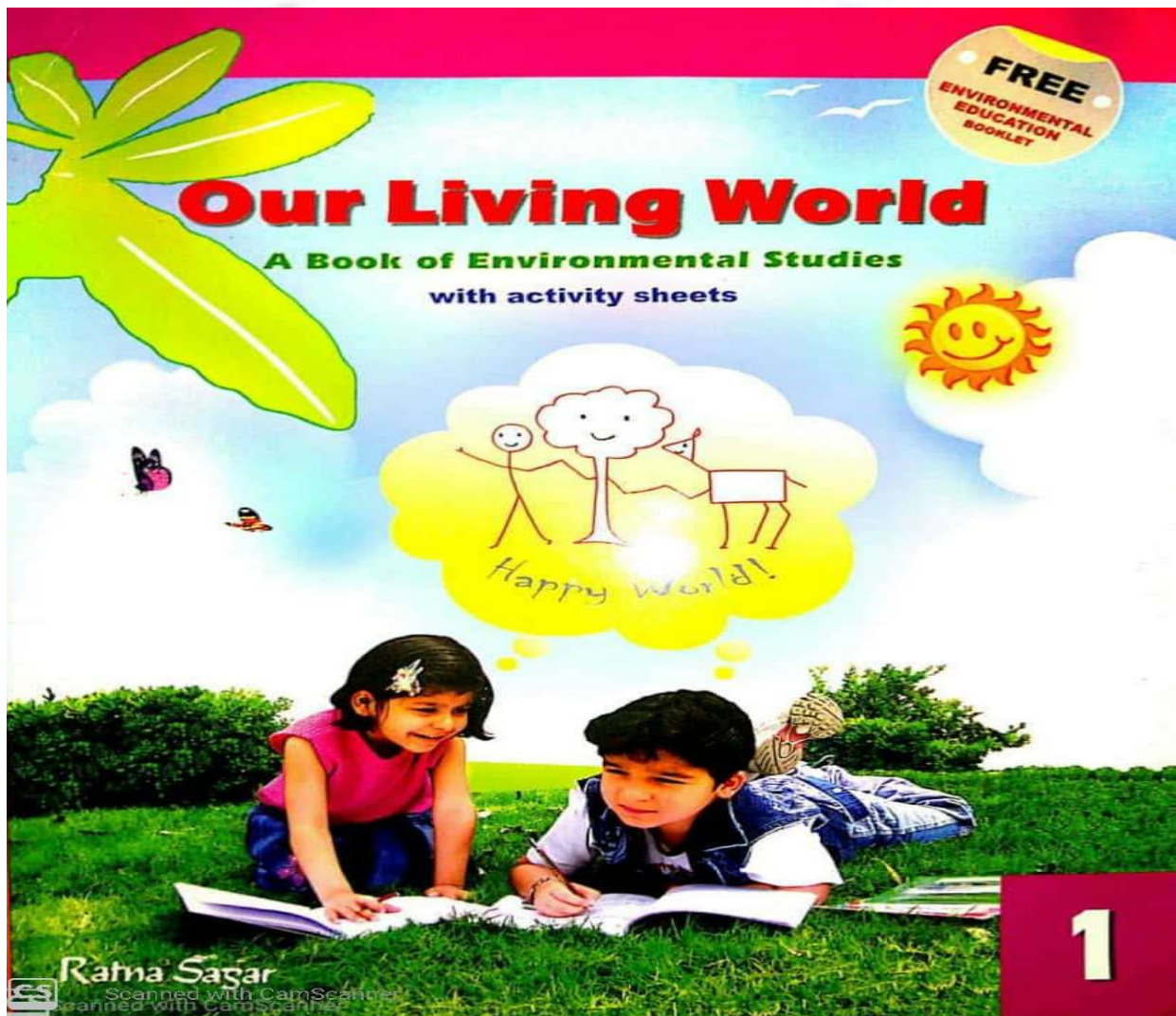
पुर्णा International School

Shree Swaminarayan Gurukul, Zundal

Class-I

Environmental Science (EVS)

Syllabus – June 2020-2021



CH- 3 OUR CLOTHS

CH-4 THE FOOD WE EAT

CH-3 Our Clothes

Summary-



We wear **clothes** to cover our body. Clothes also protect us from insect bites.

We wear **cotton** cloths in **summer**. Cotton clothes keep us **cool**.



We wear **woollen** clothes in **winter**. Woollen clothes keep us **warm**.

We wear a **raincoat** when we go out in the **rain**.

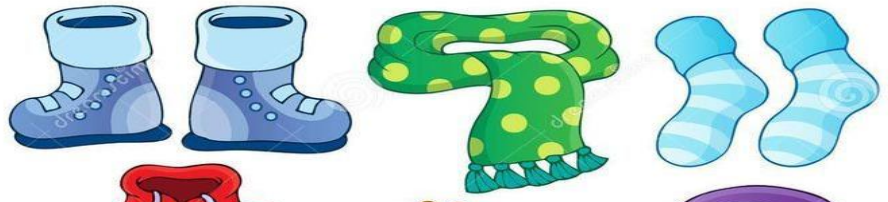


All the **students** in our school wear clothes that look the same. This is our **school uniform**.

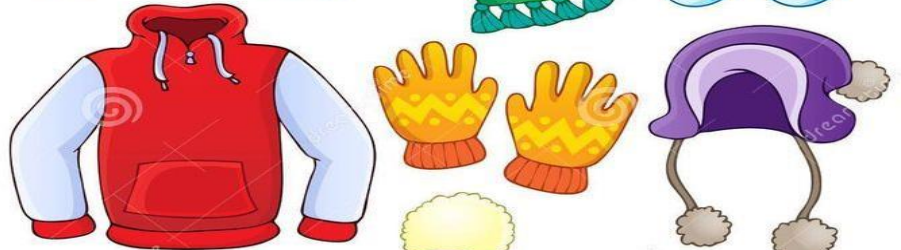


❖ New Words-

1. Clothes



2. Wear



3. School

4. Cover

5. Body

6. Protect

7. Insect

8. Cotton

9. Summer

10. Cool

11. Woollen

12. Winter

13. Warm

14. Raincoat

15. Students

16. Uniform



❖ **Match the following-**

1. Summer → Rain Coat
2. Rainy → Cotton Clothes
3. Winter → School Uniform
4. School → Woollen Clothes

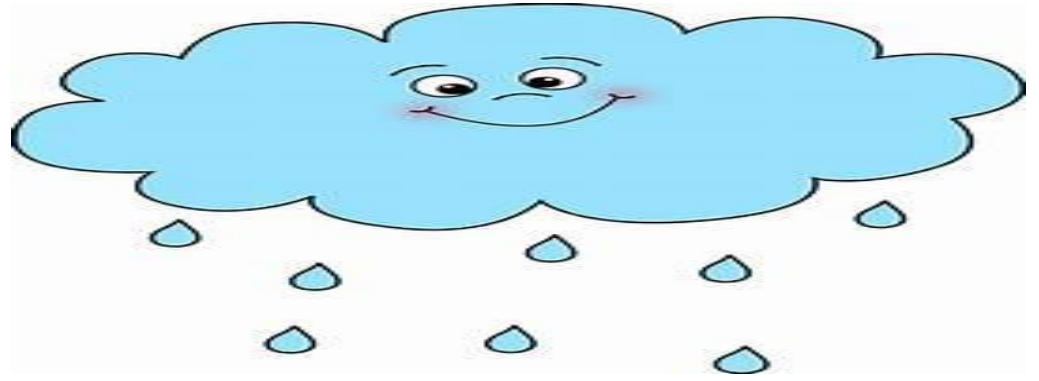
❖ **Answer the following questions-**

1. Why do we wear clothes?
A. We wear clothes to cover our body.
2. Which type of clothes do we wear in winter?
A. Woollen clothes.
3. What do we wear when we go to school?
A. School uniform.
4. Why do we wear cotton clothes in summer?
A. Cotton clothes keeps us cool.



❖ **Draw the picture of two seasons-**

1. Rainy:



2. Summer:



❖ **Activity: Stick the picture of different types of uniforms. (Ex: Doctor uniform, police uniform, advocate uniform)**



CH- 4 The Food We Eat

Summary-

We eat **food** when we feel **hungry**. Food makes us **strong** and **healthy**. It gives us **energy** to study and play. We must eat clean food. We must have our meals at the same time every day.

Some food helps us to **grow** - Milk, fish, eggs and pulses are some food which help us to grow.

Some food gives us **energy** - Rice, sugar, butter, roti and bread gives us energy.

Some food keeps us **healthy** -

Fruits and vegetables keep us healthy.



We eat **three meals** in a day.

In the **morning** we have – **Breakfast**.

In the **afternoon** we have – **Lunch**.

In the **evening** we have – **Dinner**.

A few things to remember-

- **Fresh vegetables and fruits are good for health.**
- **Oily and fried food is not good for health.**
- **Drink at least eight glasses of water every day.**



❖ New Words

1. Food
2. Strong
3. Healthy
4. Energy
5. Play
6. Meals
7. Grow
8. Eggs
9. Milk
10. Pulses
11. Butter
12. Vegetables
13. Breakfast
14. Fried
15. Fresh



❖ Tick the correct option

1. Food gives us _____ to work and play.
a. energy b. tiredness c. protection d. none of these
2. Rice, butter and sugar are _____ food.

a. energy-giving b. body-building c. protective d. none of these

3. Which is the king of fruits?

a. guava b. orange s c. mango d. papaya

❖ Give the examples for following.

1. Food help us to grow: Milk, fish, eggs and pulses.
2. Food gives us energy: Rice, sugar, butter, roti and bread.
3. Food keeps us healthy: Fruits and vegetables.
4. Spoil our teeth: Sweets, toffees and chocolates.
5. Not good for healthy: Oily and fried food.
6. Healthy drinks: Lassi, lemonade and coconut water.

❖ Answer the following questions.

1. When we eat food?

A. we eat food when feel hungry.

2. How many glass of water we have to take in a day?

A. Eight (8) glasses of water.

3. How many meals we eat in a day?

A. Three meals - a. Breakfast b. Lunch C. Dinner .

4. What should our food makes us?


A. Our food makes us strong and healthy.

❖ Activity: Draw/paste your favourite food.



❖ Write “H” for healthy and “U” for unhealthy.

HEALTHY OR UNHEALTHY

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