



# पुर्णा International School

Shree Swaminarayan Gurukul, Zundal

**Class-I**

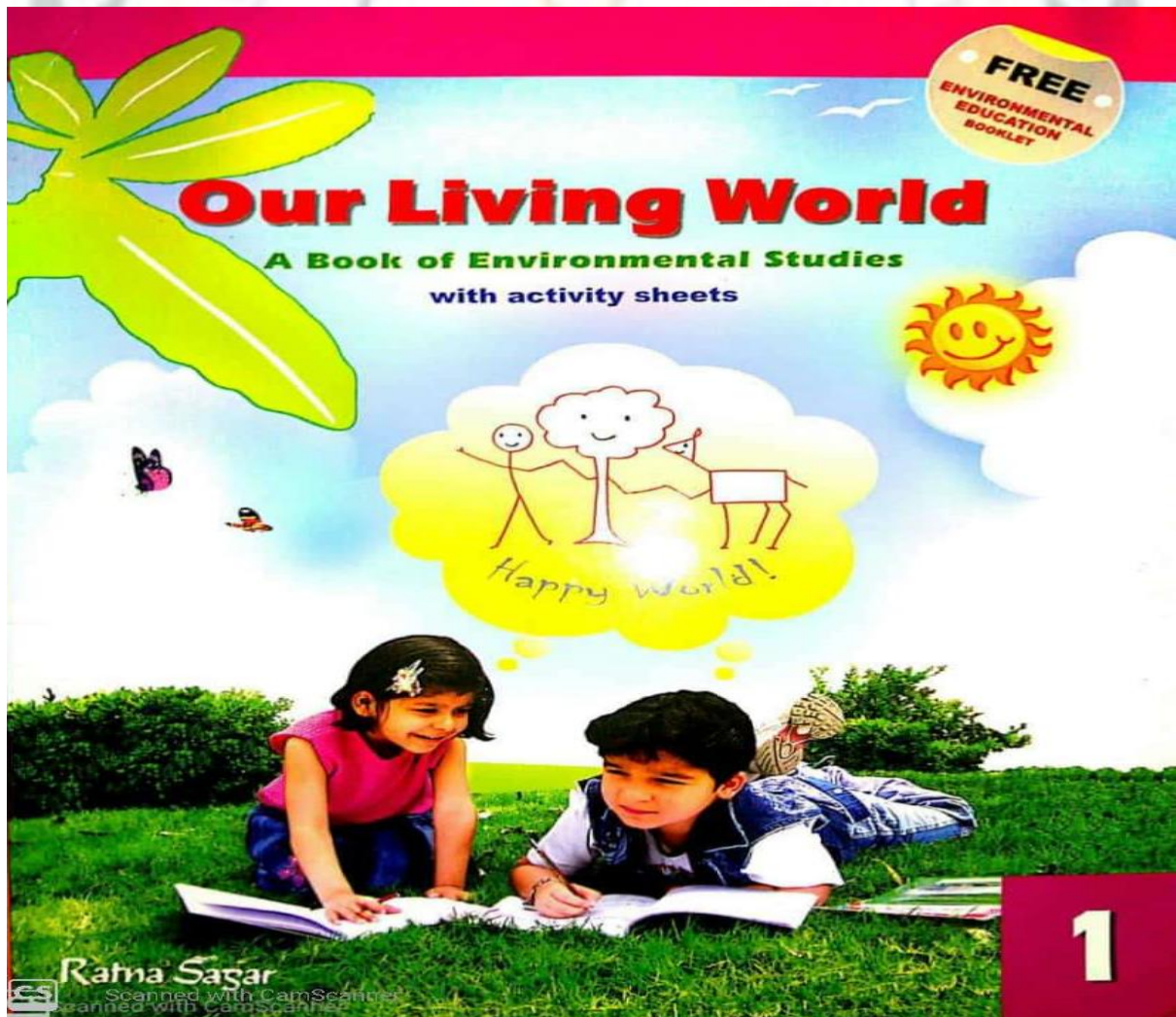
## **Environmental Science (EVS)**

**Syllabus – July 2020-2021**

**CH – 5 Be Safe, Be Good**

**CH – 6 Clean, Fit, Healthy**

**CH – 7 My Family**



## CH – 5 Be Safe, Be Good

### ❖ Summary –

#### Traffic Light Says-

**When I turn red the traffic.**

**When I turn yellow it.**

**When I turn green it.**



### ❖ Follow safety rules on Road -

- Always walk on the footpath.
- Before you cross a road, look right, then left, and then right again.
- Cross a road only at the zebra crossing.
- Do not play on the road.
- Do not get in or off a moving bus.
- Do not lean out of a bus.



- Stand in a line in school. Stand in a line for bus.
- Do not push others. Wait for your turn.
- Always wish your teachers.

❖ **Safety at home –**

- Do not jump on the bed.
- Do not play with fire.
- Do not touch blades and knives.



❖ **Some more good habits-**

- Keep your bag and books and toys in their correct places.
- Throw bits of paper in the dustbin.
- Do not write or draw pictures on walls.
- Say **thank you** when you get something.
- Say **please** if you want something.
- Say **sorry** if you hurt someone.



## ❖ New Words-

1. Traffic light
2. Stop
3. Wait
4. Safety
5. Rules
6. Footpath
7. Zebra crossing
8. Moving
9. Lean
10. Blades
11. Knives
12. Hurt
13. Habits
14. Elders
15. Parent



## ❖ Write true or false -

1. We should always walk on the footpath. (True)
2. We should get in or off a moving bus. (False)
3. We should not play on the road. (True)
4. Throw bits of paper in the dustbin. (True)

5. We should play with fire.

(False)

❖ **Answer the following questions.**

**Q.1** How do we cross the road?

**Ans.** Zebra crossing.

**Q.2** What does the traffic lights say to us?

**Ans.** Red - 'Stop'

Green - 'Go'

Yellow - 'Wait'

**Q.3** What should we say when we get something from others?

**Ans.** Thank you.



❖ **Activity: Draw the picture of traffic light and colour it.**



## CH -6 Clean , Fit and Healthy

### ❖ Summary-

**What do you do when you feel hungry?**

You eat **food**. We need food to keep **healthy**. Food helps us to **grow**. We also need water.



**What do you do when you feel tired?**

You **rest** or you **sleep**. If we do not get enough rest, we can **fall sick**.



We should sleep for at

least **eight hours** every day. We should go to **bed early**. We should also get **up early**. Good food and enough rest makes our body **strong**.

**Exercise** too helps us become **strong** and stay **healthy**. **Walking, running** and **swimming** are good **exercises**. Playing is also a good **exercise**.

❖ **New words**

# Good Habits for Kids

1. Hungry
2. Clean
3. Grow
4. Water
5. Need
6. Rest
7. Tired
8. Sick
9. Strong
10. Exercise
11. Swimming
12. Running
13. Walking
14. Enough
15. Strong



❖ **Fill in the blanks-**

**[exercise, hands, healthy, park, bath]**

1. Good food makes us to stay healthy

2. Walking ,running and swimming re good exercises.

3. Wash your hands before and after meals.

4. We should play in a safe place like a park.

5. We should have a bath every day.

❖ **Answer the following questions.**

Q.1 What will you do when you feel tired?

Ans. We take rest.

Q.2 What will you do when you feel hungry?

Ans. We eat food.

Q.3 Why do we need food?

Ans. We need food to keep healthy, strong and helps to grow.

❖ **Activity: Draw/paste the picture of soap, toothbrush and comb.**





## CH-7 My Family

### ❖ Summary-

In a family father, mother, son, daughter lived together. There are four people in family. This is a **small family**.

In a family father, mother, grandparents, uncle, aunt and cousins live. This is a **large family**.

Some families are very large. Grandparents, uncle, aunts and their children live together in the same house. Such a family is called a **joint family**.

All the members of a family have a **common surname**.



## ❖ New Words-

1. Family
2. Together
3. Cousins
4. Grandfather
5. Children
6. Large
7. Joint
8. Members
9. Surname
10. House
11. Grandparents
12. Uncle
13. Brother
14. Aunt



## ❖ Fill in the blanks.

**[Surname, joint, family, share]**

1. Very large families are called joint family.
2. All the members of a family have a common surname.

3. Father, mother and children make a family.

4. All of us share the work at home.

5. My surname is\_\_\_\_\_.

❖ **Answer the following questions.**

Q.1 Who are cousins?

Ans. Children of my uncle and aunt are cousins.

Q.2 Who have a common surname?

Ans. All the members of a family have a common surname.

Q.3 How many members are there in the family.

Ans. Four.

❖ **Activity: - Draw your family tree.**

