



# पुना International School

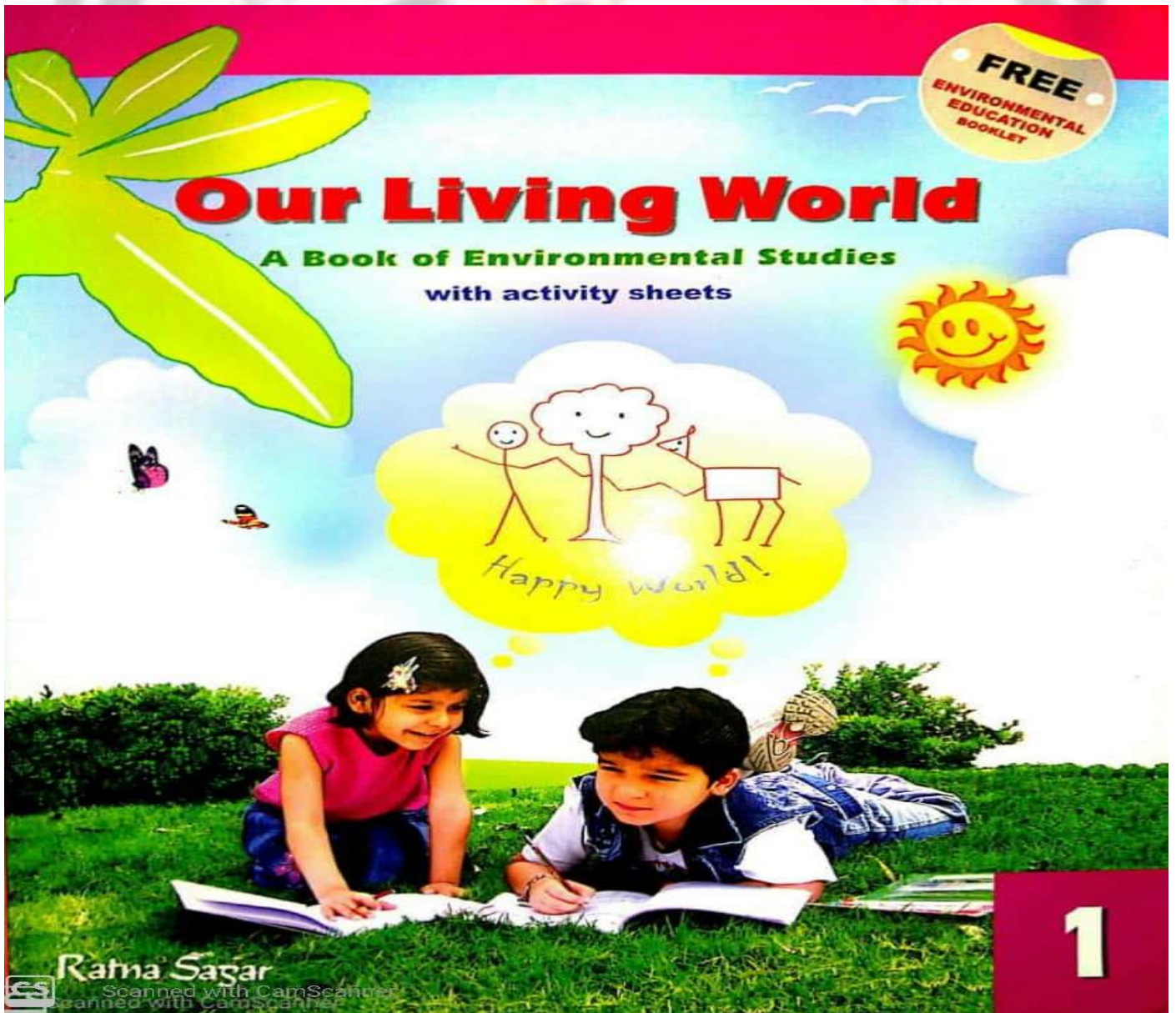
Shree Swaminarayan Gurukul, Zundal

## Grade – 1

### Evs

## Specimen Copy

## Year 2022-23





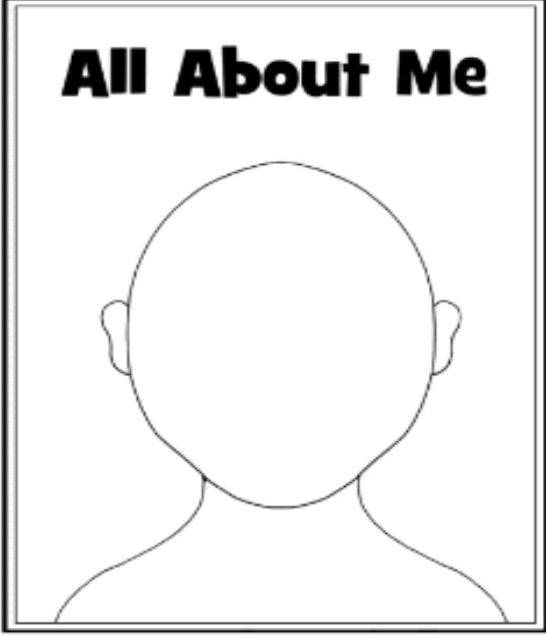
Sr. No.	Chapter Name
1.	I Love My self
2.	My Body
3.	Our Clothes
4.	The Food We Eat
5.	Be Safe, Be Good
6.	Clean, Fit and Healthy
7.	My Family
8.	We Need A House
9.	My Neighbourhood
10.	People At Work



## CH-1

### About Myself

# All About Me



**Name:** \_\_\_\_\_

#### ❖ New Words -

1. About
2. Name
3. Class
4. Address
5. School
6. Gurukul
7. Friend
8. Play
9. Together
10. Myself

#### ❖ Write about "Myself".

❖ My name is \_\_\_\_\_.

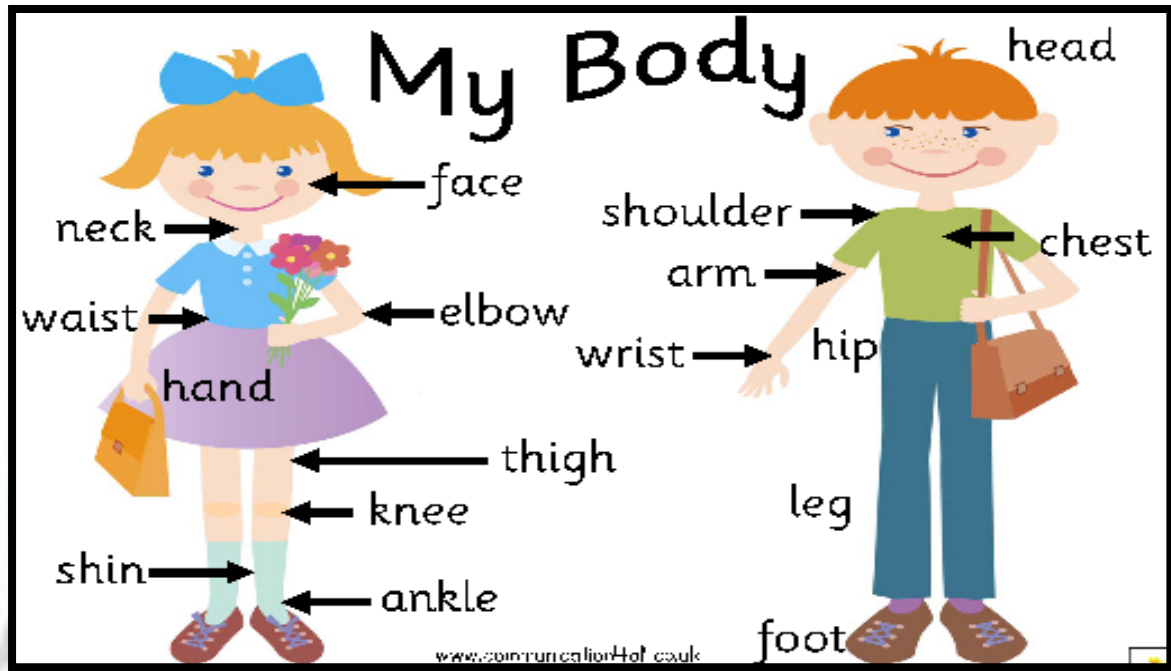
❖ I am a Girl / Boy.



- ❖ I am \_\_\_\_\_ years old.
- ❖ I celebrate my birthday on \_\_\_\_\_.
- ❖ I study in class \_\_\_\_\_.
- ❖ The name of my school is \_\_\_\_\_.
- ❖ My father's name is \_\_\_\_\_.
- ❖ My mother's name is \_\_\_\_\_.
- ❖ I live in \_\_\_\_\_.
- ❖ I like to play \_\_\_\_\_.

❖ **Activity - Make a butterfly from your handprint.**



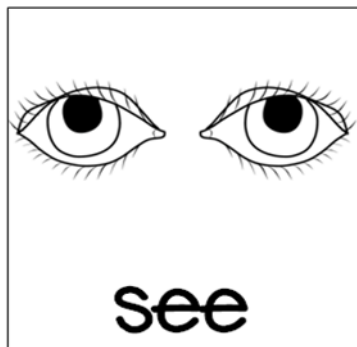
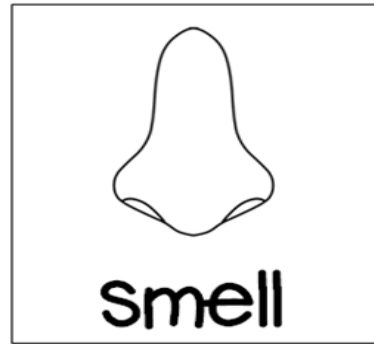


❖ New Words-

1. Body
2. Parts
3. Hair
4. Shoulder
5. Neck
6. Stomach
7. Fingers
8. Knee
9. Thumb
10. Heel
11. Toes
12. Ankle
13. Leg
14. Sense
15. Organs

❖ Fill in the blanks.

Mouth, eyes ,hands, five, tongue



1. Our **hands** helps us to hold things, to write and to clap.
2. I eat and speak with my **mouth**.
3. There are **five** sense organs in our body.
4. Our **tongue** helps us to taste.
5. We read a book with our **eyes**.

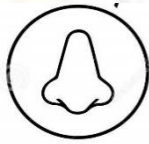
❖ **Circle the correct word in following statements.**

1. Each part of our body has a different/same name.
2. ManyEach part of our body is important.
3. We havefive/six sense organs.
4. We smell a flower with ournose/eye.
5. We taste an ice-cream with ourskin/tongue.

❖ **Underline the wrong word and write the correct word in the blank.**

1. We read with our ears. **Eyes**
2. We smell with our eyes. **Nose**
3. We taste food with our nose. **Tongue**
4. We do our homework with legs. **Hands**

❖ **Activity- Unjumble the clues to name our sense organs and write the uses.**



Sone- \_\_\_\_\_.



Entogu- \_\_\_\_\_.



Rea- \_\_\_\_\_.

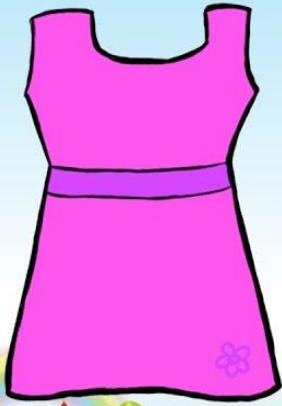


Yee- \_\_\_\_\_.



Sink- \_\_\_\_\_.

# The Clothes We Wear In Different Seasons



SUMMER



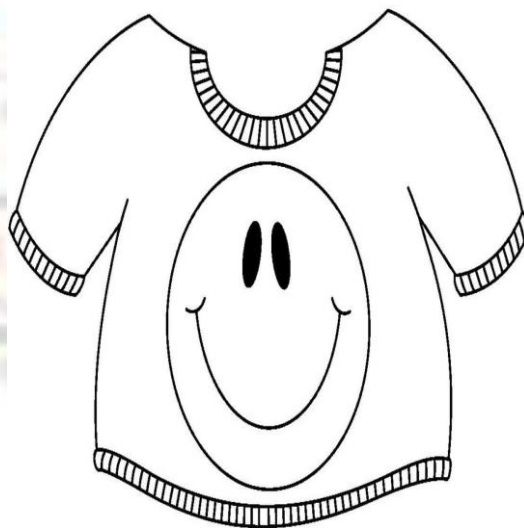
WINTER



RAINY

## ❖ New Words-

1. Clothes
2. Wear
3. Cover
4. Body
5. Protect
6. Insect
7. Cotton
8. Summer
9. Cool
10. Woollen
11. Winter
12. Warm
13. Raincoat
14. Students





## 15. Uniform

❖ Write “T” for true and “F” for false.

1. Clothes protect our body. ( T )
2. We wear cotton clothes when it is hot. ( T )
3. Raincoat protect us from cold. ( F )
4. Woollen clothes keep our body cool. ( F )

❖ Answer the following questions.

Q.1 Why do we wear clothes?

A. We wear clothes to cover our body.

Q.2 Which type of clothes do we wear in winter?

A. Woollen clothes.

Q.3 What do we wear when we go to school?

A. School uniform.

Q.4 Why do we wear cotton clothes in summer?

A. Cotton clothes keeps us cool.

❖ Activity- Make a winter cap by paper , decorate it and paste in note book.





## CH-4

### The Food We Eat

***Food Family***  
***energy-giving food***



***body-building food***



***protective food***



***junk food***



#### ❖ New Words-

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

#### ❖ Choose the correct answer.

1. We need food to-  
(a) Breathe    (b) Live    (c) Sleep
2. Everyday we should drink eight glasses of-  
(a) Milk    (b) Juice    (c) Water



3. Plants give us-

- (a) **Fruits**      (b) Milk      (c) Eggs

4. We eat breakfast in the-

- (a) Evening      (b) Night      (c) **Morning**

❖ **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.

❖ **Answer the following questions.**

Q.1 Why do we need food?

Ans. We need food to live and grow.

Q.2 What is called “healthy food”?

Ans. Food that makes our body strong and helps us to stay healthy is called healthy food.

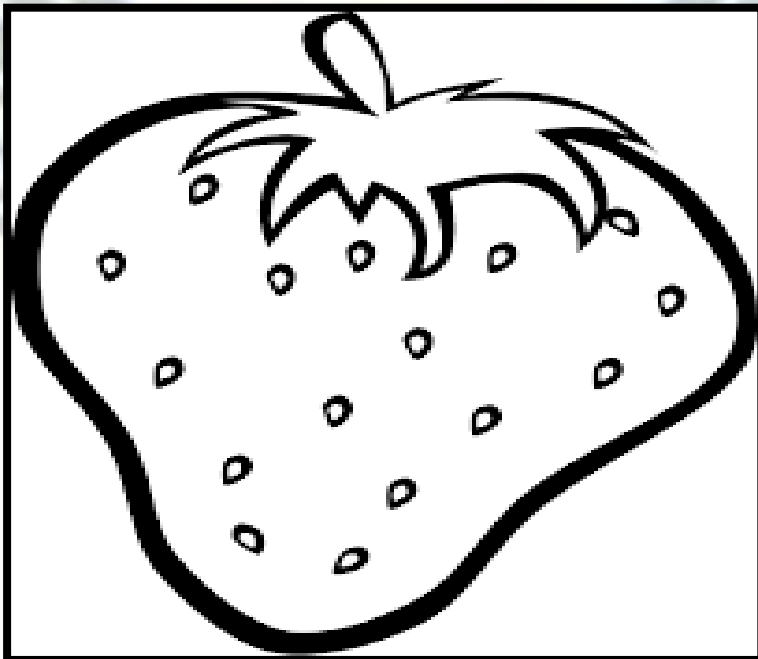
Q.3 Name the three meals you have everyday.

Ans. 1. Breakfast 2. Lunch 3. Dinner.

❖ **Write good food habits.**

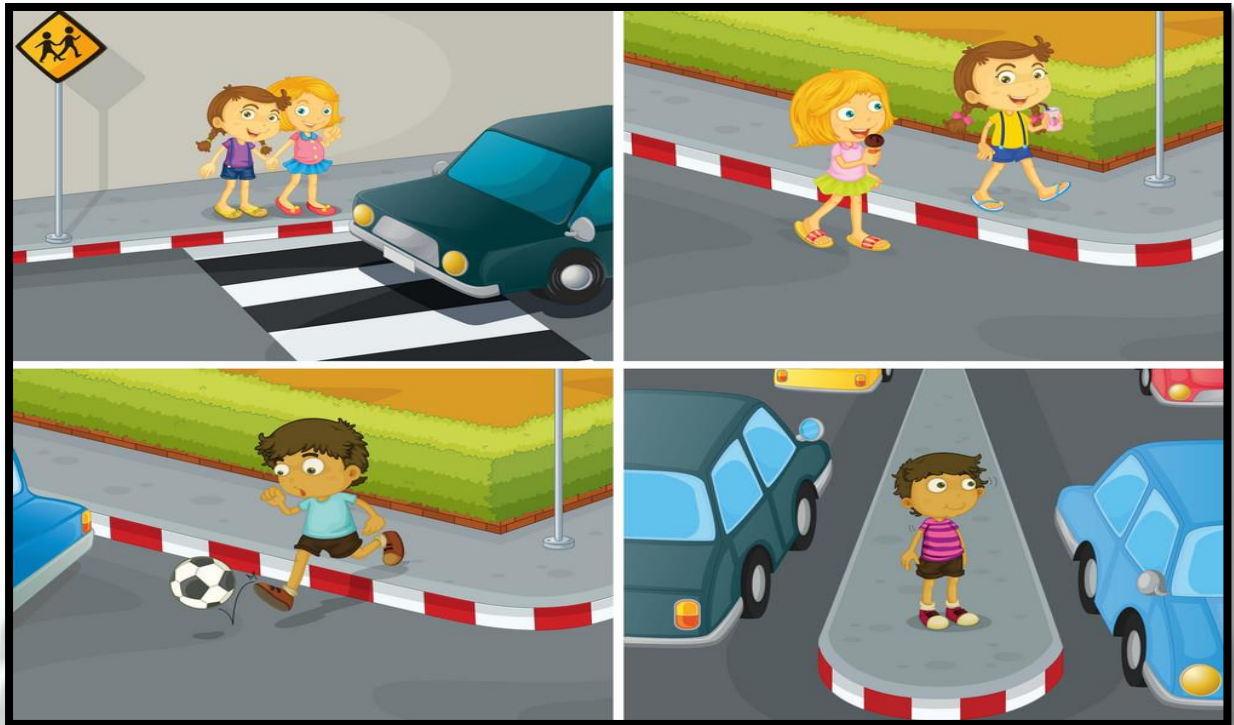
1. Wash your hands with soap and water before eating.
2. Eat slowly and chew the food well.
3. Do not waste food and water.
4. Eat healthy food. Do not eat junk food.
5. Rinse your mouth after eating.

❖ **Activity-Draw your favorite fruit and color it.**



## Ch- 5

### Be safe, Be good



#### ❖ 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. Habits

#### ❖ Write "T" for true and "F" for false.

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



5. We should play with fire.

(F)

❖ **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

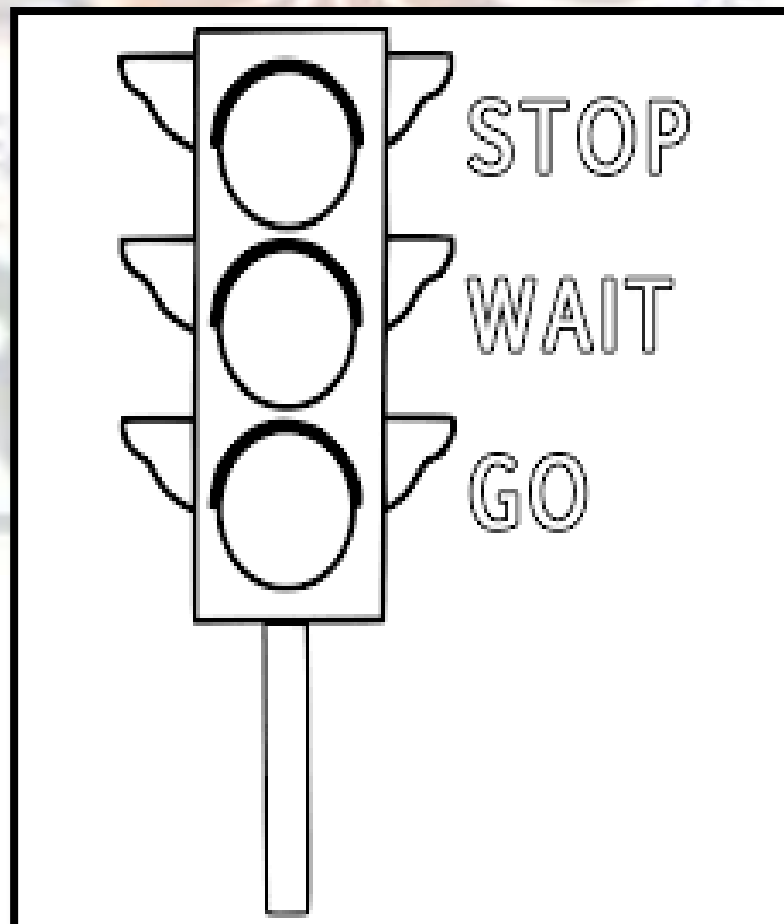
Q.3 What should we say when we get something from others?

Ans. Thank you.

❖ **Safety rules on road.**

1. Always walk on the footpath.
2. Cross a road only at the zebra crossing.
3. Do not play on the road.
4. Before you cross a road, look right, then left, and then right again.
5. Always obey the traffic light.

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



# I KEEP CLEAN



Brush your teeth



Wash your hands



Wash your face



Comb your hair



Have a shower

## ❖ New words-

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.**

[**Bath, hands, exercises, hands, healthy**]

1. Good food makes us to stay healthy.
2. Walking, running and swimming are 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.

❖ **Choose the correct answer.**

1. You should oil your hair once a \_\_\_\_\_.  
(a) Week                      (b) Month                      (c) Year
2. You should sleep at least for \_\_\_\_\_ hours at night.  
(a) Five                      (b) Seven                      (c) Eight
3. The clothes we wear should be \_\_\_\_\_.  
(a) Clean                      (b) Dirty                      (c) Wrinkled

❖ **Answer the following questions.**

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

Ans. We take rest.

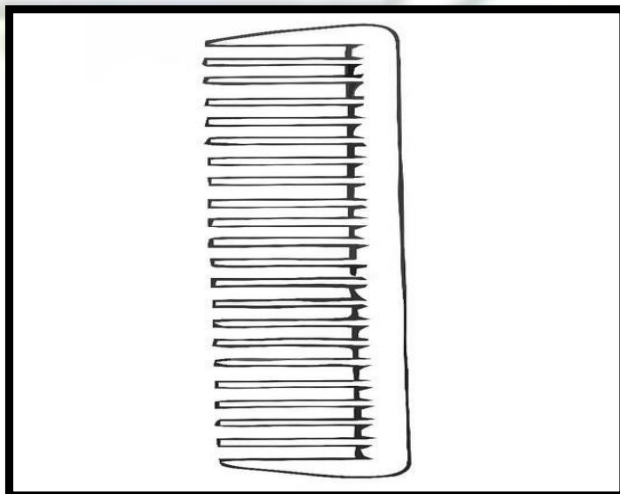
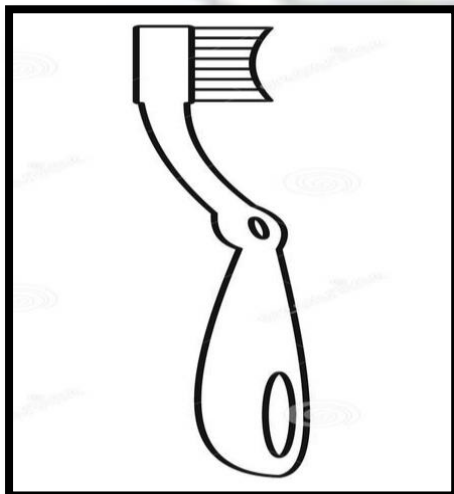
Q.2 What will you do when you feel hungry?

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 toothbrush and comb.**





## Small Family or Nuclear Family



## Big Family or Joint Family



### ❖ 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.**

[Family, surname, joint, 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 \_\_\_\_\_.

❖ **Choose the correct answer.**

1. Mother and father are called-  
(a) Parents            (b) Friends            (c) Neighbours
2. Many people live together in a \_\_\_\_\_ family.  
(a) Small            (b) Joint            (c) Nuclear
3. We live in a \_\_\_\_\_ with our family-  
(a) School            (b) Garden            (c) House

❖ **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?

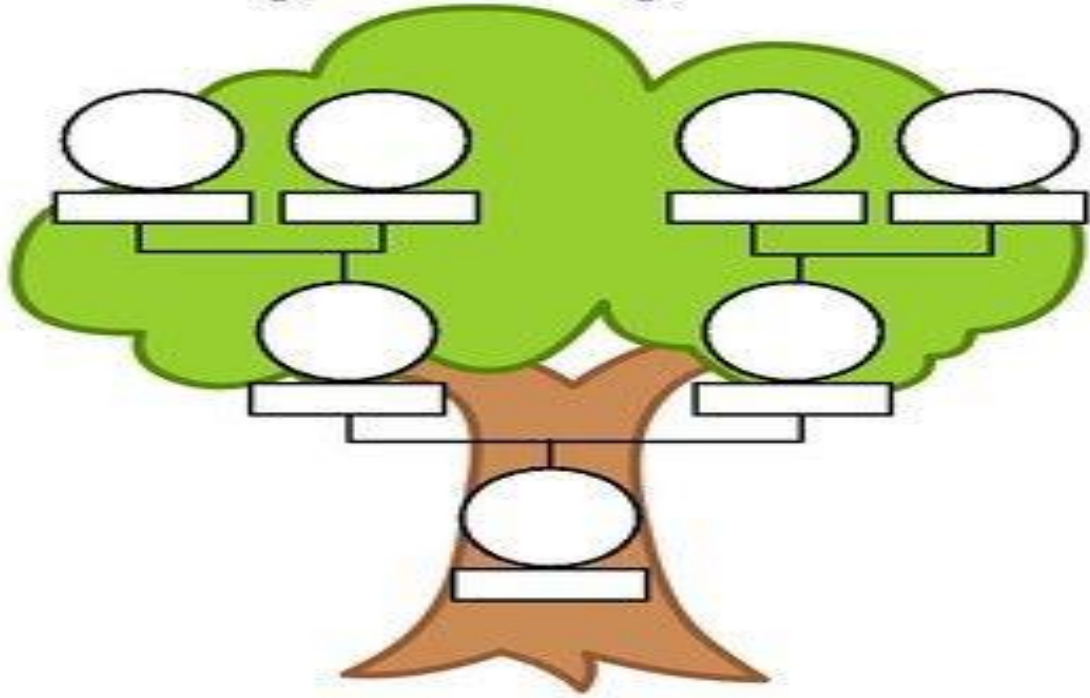
Ans. All the members of a family have a common surname.

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

Ans. Four.

❖ **Activity- Draw your family tree and paste the picture of your family members.**

# My Family Tree



CH-8



*Kutchcha ho*



*Pucca Hou*



❖ **New Words-**

1. House
2. Wild animals



3. Thieves
4. Door
5. Floor
6. Windows
7. Roof
8. Kachcha
9. Pucca
10. Bricks
11. Cement
12. Iron
13. Steel

❖ **Write true or false.**

1. House keeps us safe from the heat and cold. (T)
2. House not keeps safe from wild animals and thieves. (F)
3. Roof covers the top of a house. (T)
4. A Kachcha house made of bricks, cement and iron. (F)
5. Pucca house will find in towns. (T)
6. We rest and sleep in the bedroom. (T)

❖ **Answer the following questions.**

1. What do we use to make a kachcha house?

Ans. Mud, wood and straw.

2. What do we use to make pucca house?

Ans. Bricks, cement, iron, steel and wood.

3. Where do we cook food?

Ans. We cook food in the kitchen.

❖ **Activity- Draw the picture of kachcha house.**



**CH-9**  
**My Neighbourhood**

❖ **New Words-**

1. Neighbour
2. Neighbourhood
3. Places
4. Post office
5. Station
6. Police
7. Church



8. Hospital
9. Bank
10. Mosque
11. Temple

❖ **Fill in the blanks.**

Bank, park, Hospital, neighbourhood, police station

1. The places near to house made our **neighbourhood.**
2. **Bank** is the safe place to keep our money.
3. Police men work in **police station.**
4. Me and all friends will play in the **park.**
5. **Hospital** is also a neighbourhood.

❖ **Choose the correct answer.**

1. We go to a \_\_\_\_\_ when we are ill.  
(a) School      (b) **Hospital**      (c) Market
2. We go to the \_\_\_\_\_ to buy vegetables.  
(a) **Market**      (b) Post office      (c) Bank
3. We go to the school to \_\_\_\_\_.  
(a) Eat      (b) Shop      (c) **Study**
4. We take a \_\_\_\_\_ from bus stop.  
(a) Train      (b) **Bus**      (c) Car

❖ **Answer the following question.**

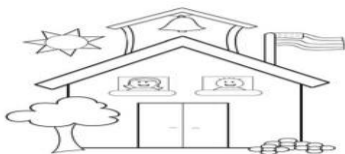
Q.1 Write any three places in your neighbourhood.

A. a) Temple b) Bank c) Shop

Q.2 Who are neighbors?

A. Families and persons who lives near our house are called neighbours.

❖ **Activity-Draw/paste the picture of your neighbourhood place.**



I Love School



## Ch-10

### People at Work



#### ❖ New words-

1. People
2. Work
3. Help
4. Learn
5. Treat
6. Carpenter
7. Doctor
8. Teacher
9. Mason
10. Furniture
11. Watchman
12. Guard
13. Seller
14. Tailor
15. Painter

#### ❖ Who am I?

- |                             |   |                  |
|-----------------------------|---|------------------|
| 1. I guard of your house    | - | Watchman         |
| 2. I help you to learn      | - | Teacher          |
| 3. I sell vegetables        | - | Vegetable seller |
| 4. I make furniture for you | - | Carpenter        |



- 5. I live in your neighbourhood - Neighbour
- 6. I protect you from thieves - Policeman
- 7. I treat you when you fall ill - Doctor
- 8. I cut your hair - Barber
- 9. I make your house - Mason
- 10. I sweep and make clean your neighbourhood - Sweeper

❖ **Match the following.**

- 1. House → Policeman
- 2. Thieves → Teacher
- 3. Furniture → Mason
- 4. Pen → Carpenter
- 5. Injection → Tailor
- 16. Scissors → Doctor

❖ **Activity – Paste the picture of people who help us. For example- watchman, doctor, tailor, police, etc.**

