



पुना International School
Shree Swaminarayan Gurukul, Zundal

Grade – 1

Evs

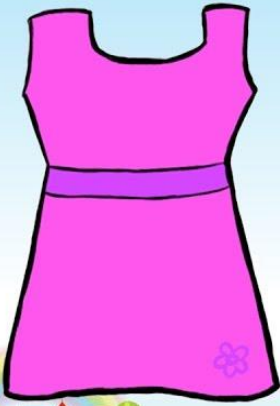
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Year 2021-22

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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.

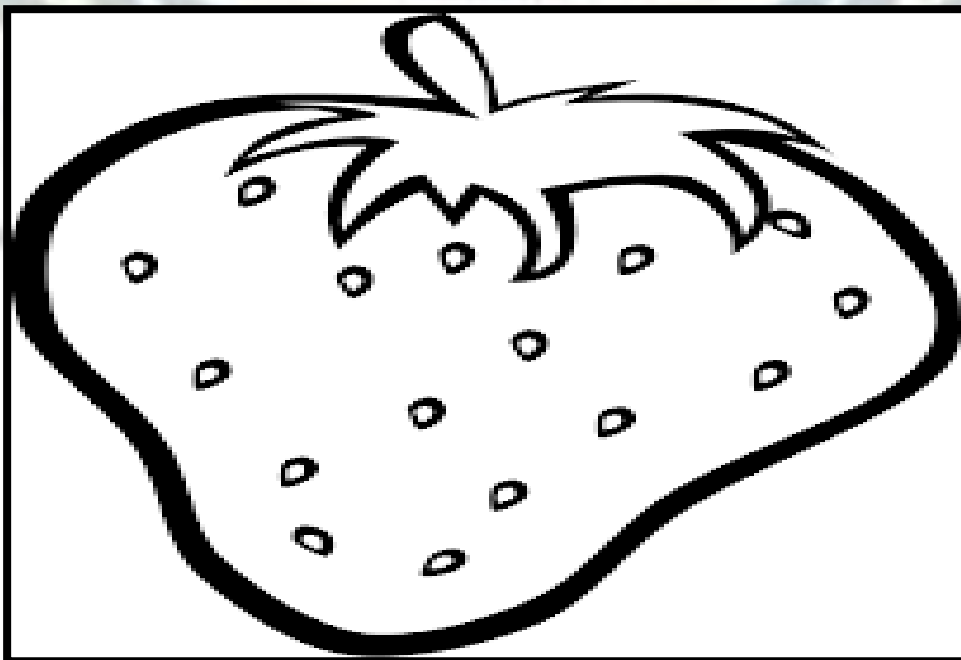
Q.3 Name the three meals you have everyday.

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

❖ **Write good food habits.**

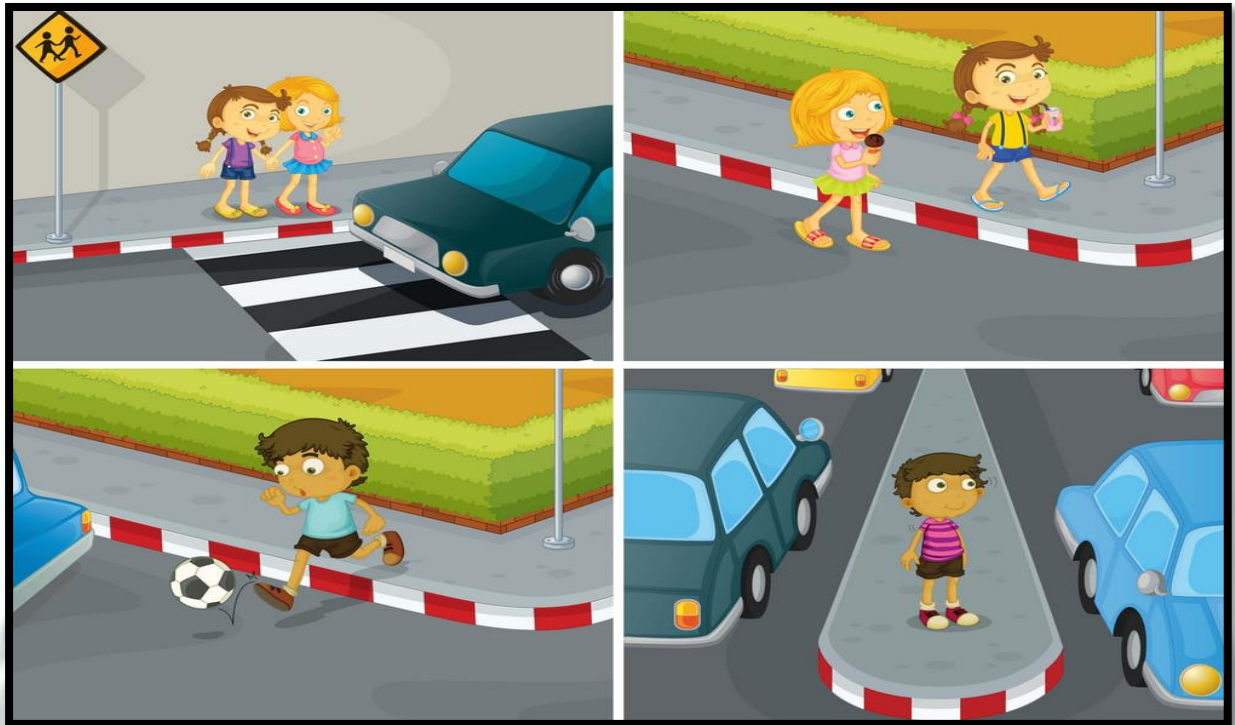
1. Wash your hands with soap and water before eating.
2. Eat slowly and chew the food well.
3. Do not waste food and water.
4. Eat healthy food. Do not eat junk food.
5. Rinse your mouth after eating.

❖ **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

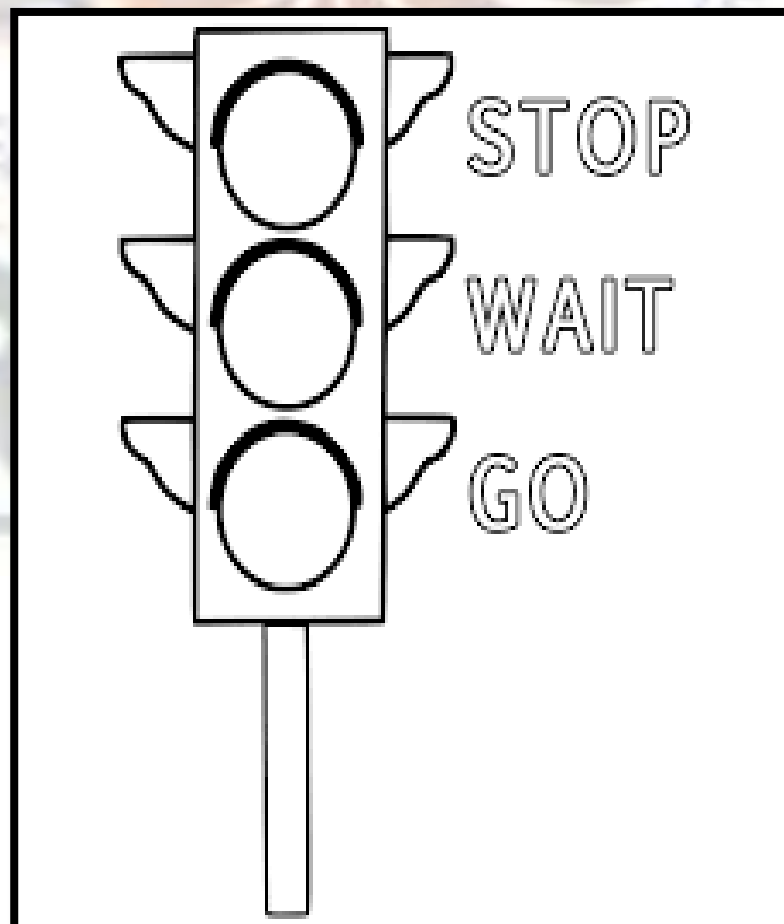
Q.3 What should we say when we get something from others?

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.

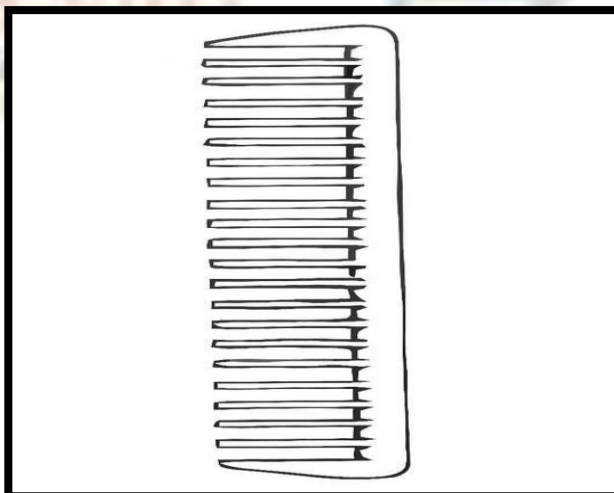
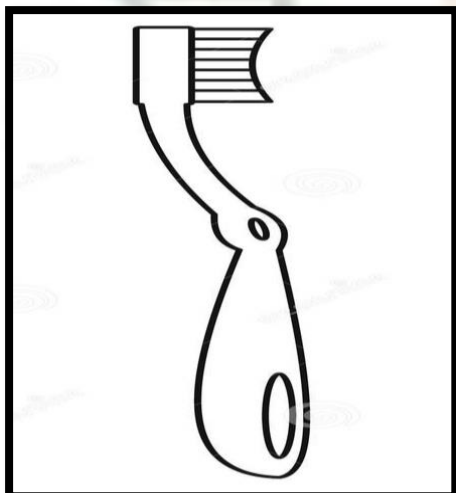
Q.2 What will you do when you feel hungry?

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.**



