



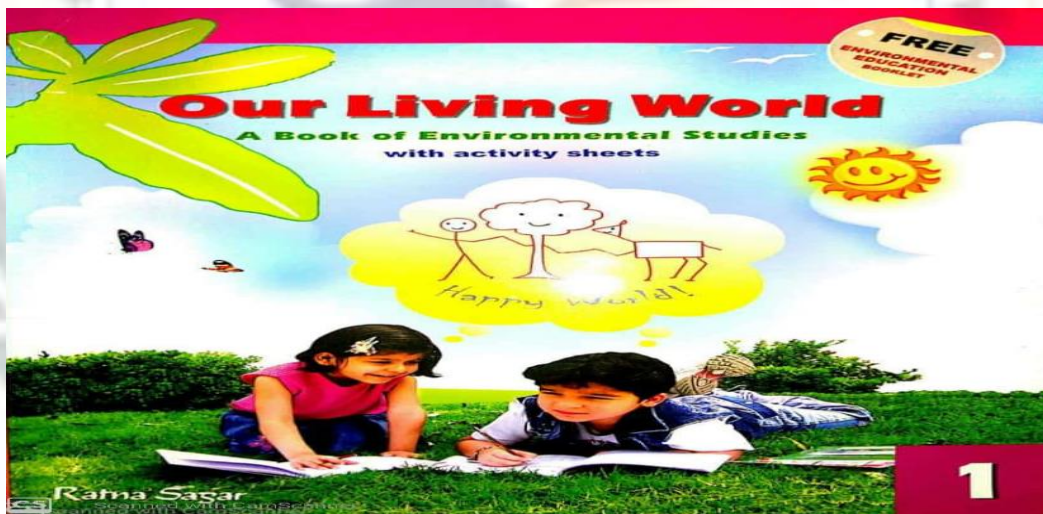
# पुना International School

Shree Swaminarayan Gurukul, Zundal

## Grade – 1

### Evs

# Study Material Summer Holiday Work Year 2022-23



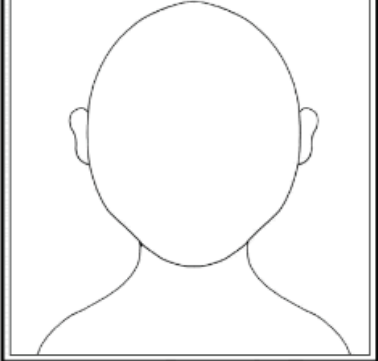
Sr. No.	Chapter Name
1.	I Love My self
2.	My Body
3.	Our Clothes
4.	The Food We Eat

## CH-1 About Myself

### ❖ Key Words -

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

**All About Me**



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

### ❖ 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 \_\_\_\_\_.

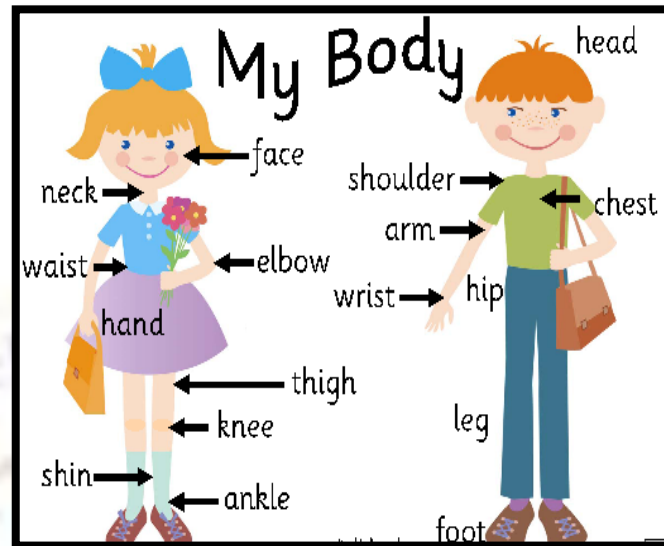
### ❖ Activity - Make a butterfly from your handprint.



## CH-2 My Body

### ❖ Key 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



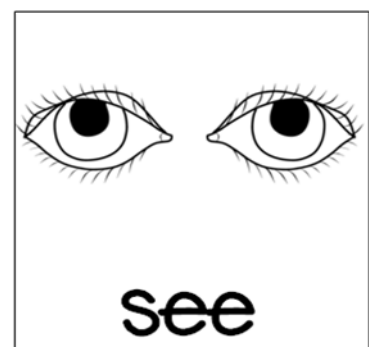
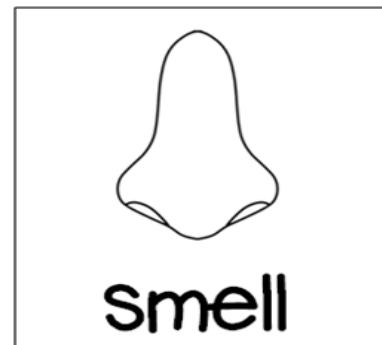
### ❖ Fill in the blanks.

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. Many Each part of our body is important.
3. We have five/six sense organs.
4. We smell a flower with our nose/eye.
5. We taste an ice-cream with our skin/tongue.



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

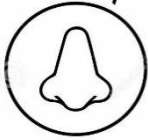
1. We read with our ears. Eyes

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



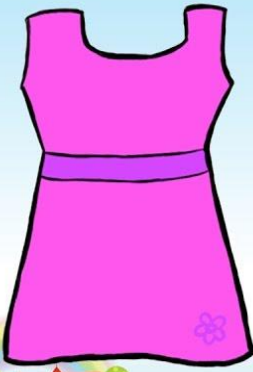
yee- \_\_\_\_\_.



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



# The Clothes We Wear In Different Seasons



SUMMER



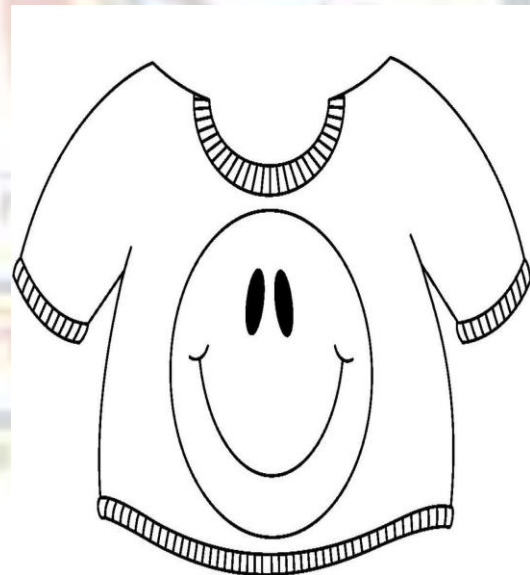
WINTER



RAINY

## ❖ Key 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*



❖ **Key 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.**

