My Body

Worksheet 1

- A. Write T for true or F for false.
- 1. We hold things with our legs.
- 2. We walk, jump and run with our legs.
- 3. Our nose, tongue, ears, skin and eyes are our five sense organs.
- 4. We taste with our nose.
- 5. We feel with our skin.
- B. Fill in the blanks.
- 1. We write with our _____.
- 2. We see with our ______.
- 3. We smell with our _____.
- 4. We run with our _____.

5. Our sense organs help us to know the _____ around us.

C. Match the columns.

1. smell• a. ears2. taste• b. eyes3. feel• c. nose4. hear• d. skin5. see• e. tongue

The Clothes We Wear

Worksheet 1

- A. Answer the following.
- 1. Why do we wear clothes? Give three reasons.
- 2. What is the dress we wear to school called?
- 3. Where does cloth come from?
- 4. Where does wool come from?
- 5. What protects us from rain?
- B. Write T for true or F for false.
- 1. We wear woollen clothes in summer.
- 2. We wear woollen clothes in winter.
- 3. A uniform keeps us dry.
- 4. We get wool from plants.
- 5. Woollen clothes keep us warm.
- C. Fill in the blanks.
- 1. We wear ______ to the school.
- 2. _____ clothes keep us warm in winter.
- 3. We wear ______ to keep us dry.
- 4. We get ______ from cotton plants.
- **5**. Sheep gives us ______.

Teacher's Signature: _____

Remarks: _____

We Need Food

Worksheet 1

A. Fill in the blanks.

1. _____ helps us grow.

2. Fruits and vegetables keep us ______.

- 3. We have _____ main meals a day.
- 4. We should eat ______ and _____ food.
- 5. We should ______ our mouth after meals.
- B. Write T for true or F for false.
- 1. We get meat, eggs and milk from plants.
- 2. We get fruits, vegetables and pulses from plants.
- 3. We should chew with our mouth closed.
- 4. We should eat at the same time every day.
- 5. Milk, fish, eggs and pulses (dals) help us grow.

C. Answer the following.

- 1. Why do we eat food?
- 2. Write three kinds of food that help us grow.
- 3. Where does food come from?
- 4. How many meals do we have in a day?
- 5. Write two good eating habits.

Teacher's Signature: _____

Remarks: _____

Worksheet 1

- A. Answer the following.
- 1. Where do we find air?
- 2. Can we see air?
- 3. Write three uses of air.
- 4. What are storms?
- 5. Can we live without air?
- B. Fill in the blanks.
- 1. Moving air is called _____.
- 2. We need air to light a _____.
- 3. We need air for our ______ to grow.
- Fast and strong winds are called ______.
- 5. Air takes up _____.
- C. Write T for true or F for false.
- 1. Air is all around us.
- 2. We can live without air.
- 3. Air helps boats and ships move.
- 4. Water is filled into footballs.
- 5. Fast and strong winds can cause a storm.

Teacher's Signature: _____

Worksheet 1

- A. Answer the following.
- 1. Why do we need water? Give three reasons.
- 2. What happens when it rains?
- 3. Why do we dig wells?
- 4. Why shall we not waste water?
- 5. Where do we get water from?

B. Write T for true or F for false.

- 1. We must waste water.
- 2. There can be no life without water.
- 3. People, plants and animals need water to live.
- 4. We use water for washing and cleaning.
- 5. We dig wells to take out water from the ground.
- C. Find five words related to the uses of water in the given word search.

В	А	Т	Н	E
A	Q	W	Т	С
W	А	S	Н	0
D	G	F	К	0
D	R	I	Ν	К
С	L	E	А	Ν

Teacher's Signature: _____

Remarks: _____