

L. 1 About Myself

Class: Bst A

Unit - 1

Subject: E.V.S

ME And My Body

KEY WORDS

- Study - ग़रद पढ़ना
Share - give and take - बाँटना
Parents - father and mother -
(पिता माता)
Cute - lovely लुग़त

Write about yourself

My name is _____
I am Six year's old
I Study in class Bst A
The name of my school is Sarjeshant Public School
I go to school by van

L. 2 My Body

Write in Copy and book, Parts of body name

- (1) Hair (2) Ear (3) Nose (4) Eye (5) Mouth (6) Foot (7) Leg

Q: True or False:

1. We have two legs (T)
2. We have two arms (T)
3. We use our legs for eating (F)

Q: Key words

1. Special - having a specific function
2. Skipping - jumping with a rope
रस्ती से कूदना
3. Different - not same अलग अलग
4. Listen - hear - सुनना

Q: Pick the correct answer:

1. We write with the help of our hands
(a) nose (b) hands (c) legs
2. We kick the ball with the help of our legs
(a) legs (b) elbow (c) hands
3. How many sense organs do you have?
(a) Three (b) four (c) five

P T O

Q: Answer the following questions.

Q: What does food give us?

A: Food gives us energy to work and play.

Q: Where should we play?

A: We should play in the park.

Q: What is recreation?

A: Recreation is a hobby we do in free time.

Q: What gives us complete rest?

A: Sleep gives us complete rest.

Q:- Find the names of five indoor and five-outdoor games

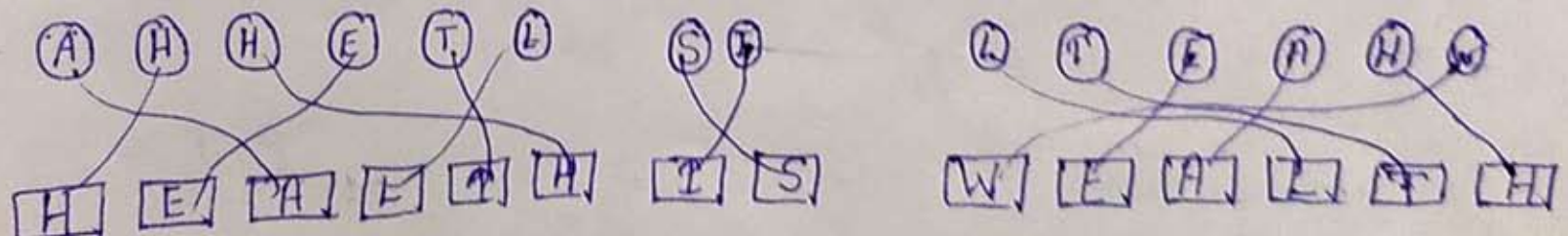
Indoor games

1. Ludo
2. Carrom
3. Snakes and Ladders
4. Chess
5. Card games

Outdoor games

1. Cricket
2. Badminton
3. Basketball
4. Tennis
5. Hockey

Q: Write this message:



My FamilyQ:- Key words:-

1. Family- Parents and their children (परिवार)
2. Cousins- children of Uncle and aunt (चचेरे भाई बहन)
3. Tales - Stories (कहानियों)

Q:- Yes or No:-

1. Do you dust the furniture items of your home (No)
2. Do you water the plants (Yes)
3. Do you keep the things at their proper places (Yes)

Q:- Tick the correct answer:-

1. Mother and father are called Parents

(a) Friends relatives Parents

2) A Small family is a happy family.

(a) Small (b) big (c) joint

3) The children of your Uncle are your Cousins

(a) relatives (b) Cousins (c) friends

Fill ups :- (more, Cousins, aunt, Uncle, four)

1. My father's brother is my Uncle
2. My mother's sister is my aunt
3. My uncle's children are my Cousins
4. A small family has four members
5. A big family has more than four members

(c) Make Pairs:

- | | | | |
|----------------|---|-------------|-----------------------------|
| 1. Brother | - | Daughter | Brother and Sister |
| 2. Father | - | Sister | Father and Mother |
| 3. Uncle | - | Mother | Uncle and Aunt |
| 4. Grandfather | - | Aunt | Grandfather and Grandmother |
| 5. Son | - | Grandmother | Son and Daughter |

Q/Ans

Q: How many members are there in your family?
A: Four.

Q: Who earns money for your family?
A: Father.

Q: Who cooks food for your family?
A: Mother.

Q: What is a joint family?

A: This family grandparents, parents, uncles, aunts and cousins live together.

Class:- 1st

Subject - E.V.S

L. 3

Keeping Healthy

1 Q:-

Keywords

- 1) Plenty - a lot of बहुत साग
- 2) Junk food - food that does not give the body many nutrients.
- 3) Hobby - activity in free time (आनंद)
- 4) Strong - activity in free time (आनंद) मजबूत

2 Q:- Yes or No

- 1) We should brush our teeth twice a day (T) (Yes)
- 2) We should drink dirty water (F) (No)
- 3) We should not eat fast food everyday (P) (Yes)

3 Q:- Tick (✓) the correct answer:->

Q:- We should eat plenty of fruits.

(a) burgers (b) fruits (c) pizzas

(2) We should always play in the park.

(a) Park (b) house (c) library

(3) Our body gets rest when we sleep.

(a) work (b) play (c) sleep

4 Q:- Write three indoor games!

1. Ludo 3. chess

2. Carrom

P T O

L. 3

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- 2. Carrom