

# So.Studies

## Class-1

### LESSON –2

#### OUR FOOD

#### I. Name the following

- 1) Two body building food-
  - a) Eggs
  - b) Peas
- 2) Two protective food-
  - a) Milk
  - b) Fruits
- 3) Two energy giving food-
  - a) Rice
  - b) Butter

#### II. Match the following

- |                    |   |                  |
|--------------------|---|------------------|
| 1. Body building   | - | Walnut           |
| 2. Energy giving   | - | Wheat            |
| 3. Protective food | - | Vegetables       |
| 4. Lunch           | - | in the afternoon |

#### III. Answer these questions

1. Why do we need food?

Ans: We need food to grow.

2. What does food give us?

Ans: Food gives us energy to work and play.

3. What of food should we eat?

Ans: We should eat clean and fresh food.

#### LESSON- 3

## OUR CLOTHES

### I. Fill in the blanks

- 1) We wear clothes to cover our body.
- 2) We wear woollen clothes in winter season.
- 3) We get cotton from cotton plant.
- 4) We get silk from silk worm.
- 5) Clothes make us look smart.

### II. Give one word

1. The plant that gives us cotton.  
Ans: cotton plant
2. The animal that gives us wool.  
Ans: sheep
3. The insect that gives us silk.  
Ans: silkworm
4. When it rains, we wear  
Ans: raincoat.

## LESSON – 4 OUR HOUSE

### I. Answer in one word

1. We sleep in bedroom.
2. My mother cooks food in kitchen.
3. We eat food in dining room.

### II. Answer these questions

1. What does a house protect from us?  
Ans: A house protects us from heat, cold and rain.
2. What is your house made up of?

Ans: My house is made of bricks, cement and iron.

3. What is a house?

Ans: A house is a shelter where we feel safe and comfortable.

### **III. Match the following**

- |             |   |           |
|-------------|---|-----------|
| 1) Sweater  | - | Sheep     |
| 2) Frock    | - | cotton    |
| 3) Umbrella | - | rainy     |
| 4) Silk     | - | silkworm. |

### **IV. Answer these questions**

1) Why do we wear clothes?

Ans: We wear clothes to cover our body.

2) What types of clothes we wear in summer?

Ans: We wear cotton clothes in summer.

3) Why do we wear woollen clothes in winter?

Ans: woollen clothes keep us warm in winter.

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