

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.
