

Class 1

Sub .- EVS

Cha 6 physical fitness and exercise

Oral Question

1. Where do we get energy from ?

Ans. - We get energy from food .

2. Do you brush your teeth twice a day ?

Ans. – Yes .

Quiz

1. Tell the class two good habits .

Ans. - We must brush our teeth .

We must take a bath everyday .

2. How does exercise help us ?

Ans. - Exercise makes us fit .

A . Tick the correct answer .

1. **Food** gives us energy .
2. We can rest by **sleeping** .

B. Tick the healthy habits .

1. We should eat fruits and vegetables . [✓]
2. We should eat burgers and pizzas all the time . [×]
3. We should not play and exercise . [×]
4. We should sleep on time . [✓]
5. We should drink milk . [✓]

C . Circle the correct answers.

1. Food makes us **healthy** .
2. We must drink **clean** water .
3. **Swimming** is a good exercise .
4. We must get up **early** to stay fit .
5. Being **healthy** is important .

D . Answer the following questions .

1. Name three things that make us healthy .

Ans. – Good food, good habits, exercise and rest .

2. How does food help us ?

Ans. - Food help us to grow .

3. Name any good way to exercise .

Ans. - Running swimming playing and walking .

4. How can we relax ?

Ans. – We can relax by staying quiet for few minutes .

Value corner

Tick the sentence that show relaxation .

- a. Listen to loud music . [x]**
- b. Reading a good story book .[✓]**
- c. Staying quiet for a few minutes .[✓]**

Thank you.