

Lesson 1 : Knowing about me

II. Choose the correct answer.

1. A) Birthday
2. A) Identity cards

III. Answer the following questions.

1. What is your surname?

Example1: My surname is Nair. (If you don't have family name write your father's name)

2. Whose birthday falls on the same day?

Ans: Twins birthday falls on the same day.

3. How is an ID card helpful?

Ans: ID card is helping us to know who we are.

4. Name some of your hobbies?

Ans: Painting, Dancing and Playing.

Worksheet 1

1. Surname/Family name.
2. Born.
3. Enjoy
4. Like
5. Identity card

Lesson 2 : My body

II. Choose the best answer

1. A) Five
2. A) Legs

III. Answer the following questions

1. Name the different parts of our body?

The different parts of our body are head, eyes, nose, ears, mouth, hands, fingers, arm, legs, foot and toes.

2. What are the senses of organs?

We have five sense organs. They are eyes, ears, nose, tongue and skin.

3. How are legs and hands helpful to us?

We use our legs to walk, run, jump, jog and kick. We use our hands to write, eat, carry and hold things.

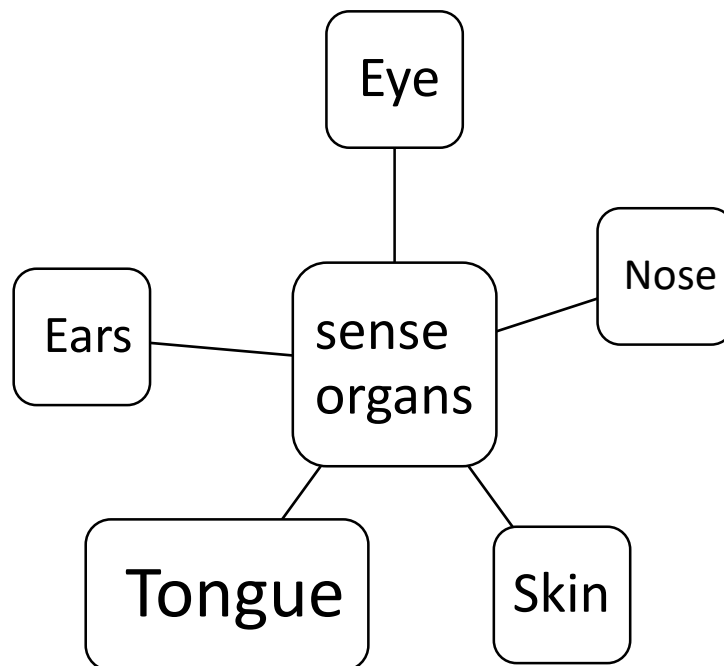
4. How many toes and fingers do we have?

We have 10 toes and 10 fingers.

5. What do the eyes and the ears help us to do?

The eyes help us to see the things happening around us. The ears help us to hear different sounds around us.

IV. Complete the Mind map.



Worksheet 1

How many?

1

2

3

4

5

6

7

8

9

10

I have 1



Face.

I have 2



Eyes.

I have 1



Mouth.

I have 2



Ear.

I have 10



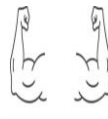
Fingers.

I have 2



Legs.

I have 2



Arms.

I have 10



Toes.

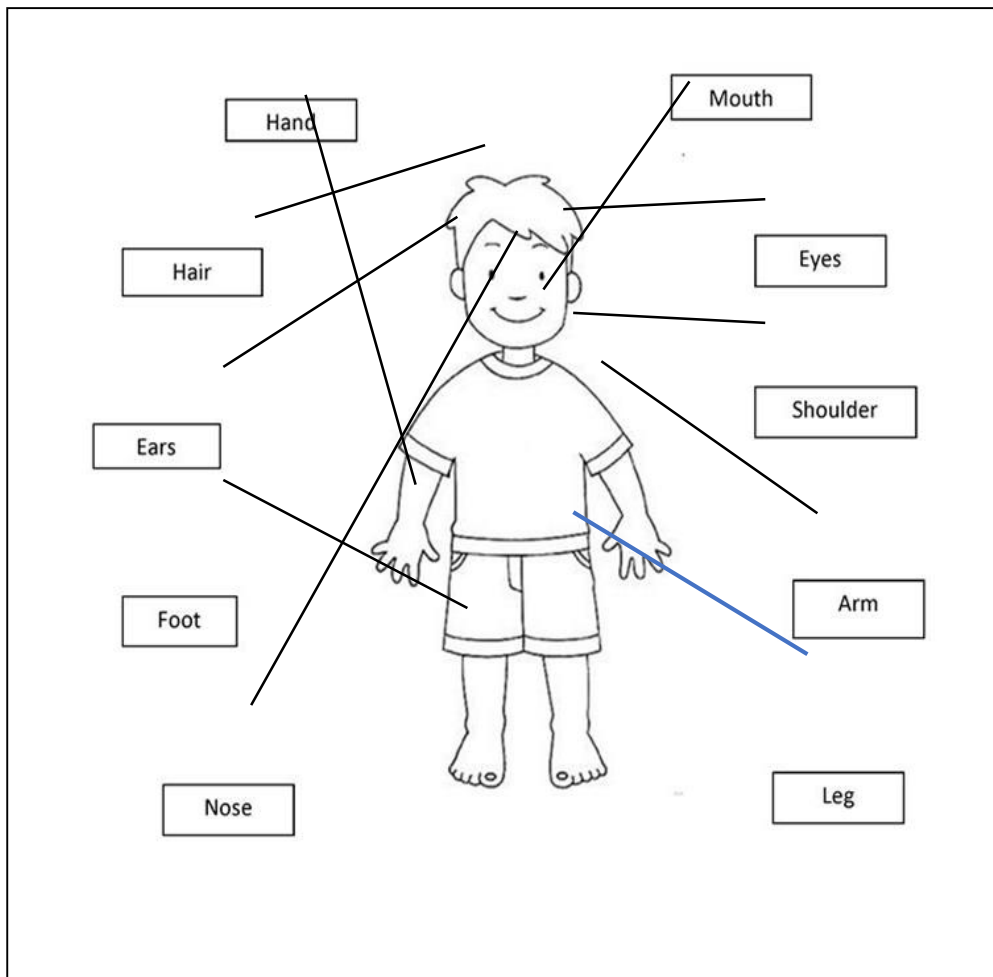
I have 1



Nose.

Worksheet 2

Draw a line from each word to correct parts of the body.



Write down all the body parts.

Hand

Mouth

Shoulder

Hair

Ears

Eye

Foot

Nose

Leg

Arm

Lesson 3 : Cleanliness and Health

II. Choose the best answer

1 A) Trim

2 A) Drink

III. Answer the following questions

1. What do you understand by cleanliness?

Ans : Cleanliness means being clean, free of germs and dust.

2. What do you mean by good health?

Ans: Good health is a state when our body is fit and free of germs and diseases.

3. Mention three ways in which we can stay healthy?

Ans:

1. Wash our hands before and after eating meals.
2. Avoid eating junk food.
3. Drink plenty of clean water.

4. Mention three table manner that we should always follow?

Ans:

1. Chew our food.
2. Do not talk while eating.
3. We should not overeat.

5. Mention any three clean habit that we should always follow?

Ans:

1. Brush our teeth twice daily.
2. Take bathe daily.
3. Comb your hair.

Worksheet1

Match the name of the health habit with its picture:

1. Washing hands with soap and water.



2. Taking bath daily.



3. Use comb to keep hair tidy.



4. Brushing your teeth.



5. Use a hanky to blow our nose.



Worksheet 2

1. Water, Soap
2. Nail cutter
3. Comb
4. Hanky
5. Towel
6. Toothbrush, Toothpaste

Lesson 4: Family

I. Chose the best answer.

1. C) Nuclear

2. A) Similar

III. Answer the following.

1. What is a family?

The people we live with in the same house are our family.

2. Who all form a family?

Father, mother, and children form a family.

3. Who are grandparents?

Our parent's father and mother are grandparents.

4. Do some members of the family resemble one another?

Yes, some members of the family resemble one another.

5. Do you have siblings?

Yes, I have siblings.

IV. Complete the Mind map.

