

# New Era Public School

(1)

Class: 1st

Subject: Social Studies

Topic: Food we Eat

Lesson no: 1

Solved Assignment of unit 1st (2021-2022)

A. Answer the following questions:-

Q1: Why do we need food?

Ans: We need food to live and to grow.

Q2: What are the three main meals of the day?

Ans: The three main meals of the day are Breakfast, lunch and dinner.

Q3: Why should we drink milk everyday?

Ans: We should drink milk everyday because it is good for our health and it makes our bones and teeth strong.

Q4: Why should we not eat fast food often?

Ans: We should not eat fast food often because it is not good for our health.

B. Fill in the blanks with words given in the box:

1. Food is our first basic need.

2. No one can live without food.

3. Food helps us to grow.

4. Food gives us energy to work.

5. We should eat at fixed hours.

Energy  
Fixed  
Basic  
Grow  
Time

C. Match the following :-

- |               |                    |
|---------------|--------------------|
| 1. Milk       | healthy food 3     |
| 2. Fast food  | First basic need 4 |
| 3. vegetables | help us to grow 5  |
| 4. Food       | Complete food 1    |
| 5. Dals       | unhealthy food 2   |

D. write 'T' for true and 'F' for false

1. It is good to eat fast food daily F
2. Good food habits keep us healthy and fit T
3. There is no need to wash hands before eating. F
4. we must drink milk daily. T
5. we must not waste food T

E. Think and write in the boxes 'P' for food that we get from plants and 'A' for food that we get from animals.



P



P



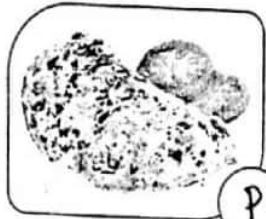
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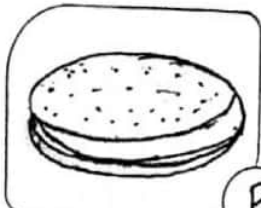
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P



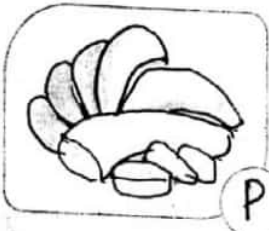
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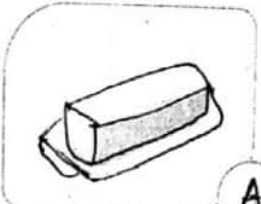
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P



P



A



A



Lesson no: → 2 (Two).

Topic: → Clothes we wear.

A. Q1: → why do we wear clothes?

Ans: → we wear clothes to cover our body.

Q2: → why do we wear cotton clothes in Summer?

Ans: → we wear cotton clothes in Summer. because they help us to keep our body cool.

Q3: → why do we wear woollen clothes in winter?

Ans: → we wear woollen clothes in winter to keep our body warm.

Q4: → what do we use to protect us from rains?

Ans: → we use a raincoat and umbrella to protect us from rains.

Q5: → what do we wear in School?

Ans: → we wear uniform in School.

B. Fill in the blanks: →

1. we wear clothes to cover our body.

2. we wear cotton clothes in Summer.

3. we wear woollen clothes in winter.

4. we wear uniform at school.

5. we get wool from Sheep.

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C. Tick (✓) the correct answers: →

1. we get cotton from :-

- i) animals                      ii) Plants ✓

2. woollen clothes keep our body :-

- i) cool                      ii) warm ✓

3. we go to school in :-

- i) uniform ✓                      ii) any type of clothes

4. A policeman's uniform colour is :-

- i) khaki ✓                      ii) Blue

5. The colour of nurse's uniform is :-

- i) white ✓                      ii) Red.
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