

To keep away from getting sick, we need to eat healthy food. Healthy food gives us energy to run, jump, play and do all forms of work. It also helps us grow up and heal our injuries.



B. Look at the pictures given below. Tick (✓) healthy food items and cross out (×) unhealthy ones.

1.



2.



3.



4.



5.



6.



7.



8.



Knowledge Pill



The food you eat has a big effect on how healthy your smile can be. Healthy food makes your teeth and gums strong.



Pit STOP

(Unit 9, 10 and 11)

- Name any two contents of first aid box that are used for dressing up a wound.
..... ,
- Do you get pocket money from your elders at home? What do you do with it?
.....
- What are the 3 R's of managing waste and pollution?
..... ,
- Name any two things that plants need to grow and make food. ,
- Name any two dishes that your mother or father say are healthy but you do not like them.
..... ,





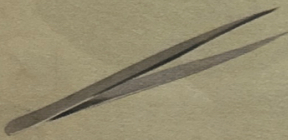
Model Test Paper-I

A. Tick (✓) the correct answer.

- Which part of the plant do we use to make tea?
a. Stem ☐ b. Leaves ☒ c. Roots ☐ d. None of these ☐
- Which city is known as the capital of India?
a. Mumbai ☒ b. Delhi ☒ c. Kolkata ☐ d. Chennai ☐
- Which sense organ do you use to smell flowers?
a. Eyes ☐ b. Skin ☐ c. Nose ☒ d. Tongue ☐
- In which city can you see the Taj Mahal?
a. Agra ☒ b. New Delhi ☐ c. Fatehpur Sikri ☐ d. Kolkata ☐

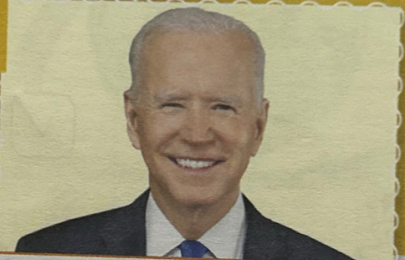
B. Identify and name the following from the Clues Box.

1.



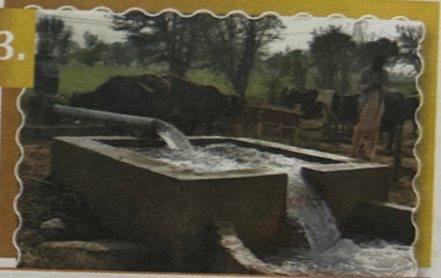
Tweezers

2.



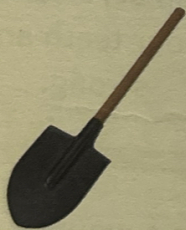
Joe Biden

3.



Tubewell

4.



Shovel

5.



Gol Gumbaz



CLUES BOX

Gol Gumbaz
Tweezers
Tubewell

Shovel
Joe Biden

Write 'True' or 'False'.

- "The Tortoise and the Hare" teaches us that slow and steady wins the race.
- Japanese people wear a traditional robe called saree.
- Birds live in nests on trees.

True

False

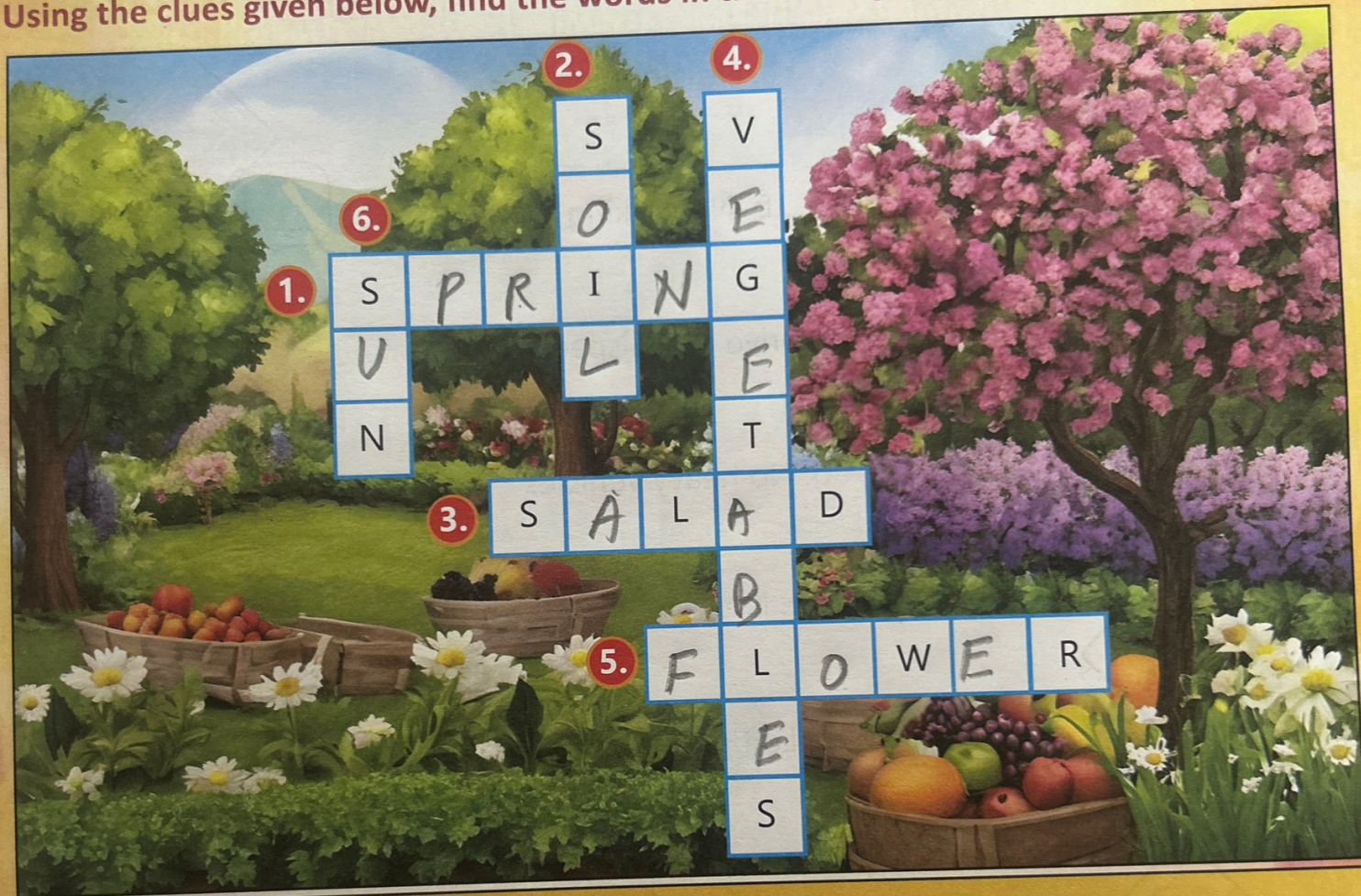
True

Garden Terms



Friends! Have you seen a garden full of plants, flowers and fruits? Gardening is an activity full of fun. You get to dig in the soil, give plants water and watch them grow bigger and bigger.

Using the clues given below, find the words in the word grid.



CLUES

Across

1. In this season, a number of flowers bloom
3. This is a healthy dish made of many raw vegetables
5. This part of the plant smells good

Down

2. Plants get nutrients from here
4. These are good for health and grow in garden
6. This gives warmth and light to the plants

