



D.A.V POLICE PUBLIC SCHOOL, KAITHAL

Class:1st

Session : 2021- 2022

Practice Worksheet

Theme: Cognitive Development(EVS)



Name:.....

Date:.....

Roll No.....

1. Fill in the blanks:

Help Box.

smell, taste, breakfast, tired, good, sleep,

1. We _____at night.

2. We _____ with our nose.

3. Without rest our body gets _____.

4. We _____ with our tongue.

5. Swimming is a _____ exercise.

6. The food which we eat in the morning is called _____.

2. Match

1 sleep gives our

Lunch

2 Afternoon

Dinner

3 Evening

Body rest

4 exercise makes

our body strong



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4. Write true or false against each statement :

1, We should eat more of fried food . _____

2, Milk products are good for our health. _____

3, Rice is a fruit . _____

4, We should drink milk daily. _____



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