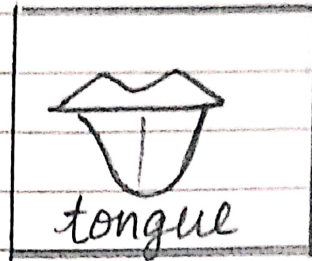
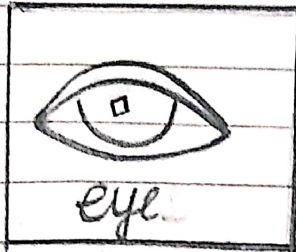


Lesson - 1 My body

I Draw any two sense organs:



II Fill in the blanks:

1. We see with our eyes.
2. We smell with our nose.
3. We use our legs to walk.
4. We feel with our skin.
5. Sense organs help us to know the world around us.

III True or False:

1. Our body parts help us to do many things ☒ T
2. We cannot feel cold wind by skin ☐ F
3. Birds and animals use their legs to walk. ☒ T

IV Answer the following:

1. How many sense organs do we have:

Ans: We have five sense organs.

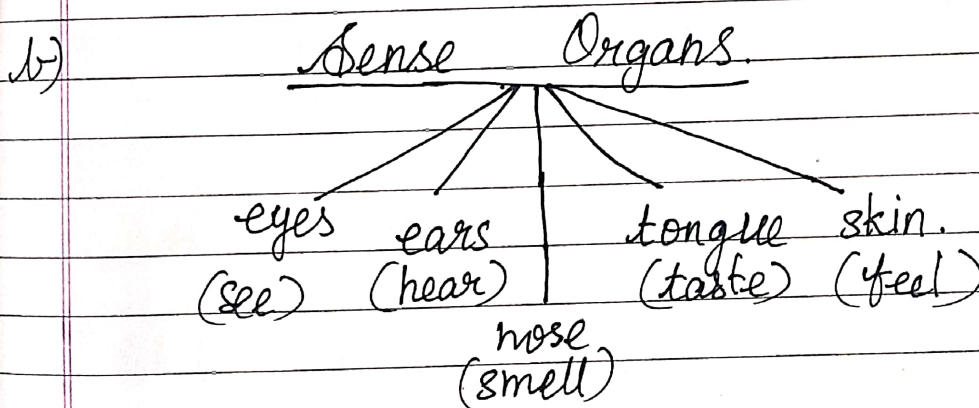
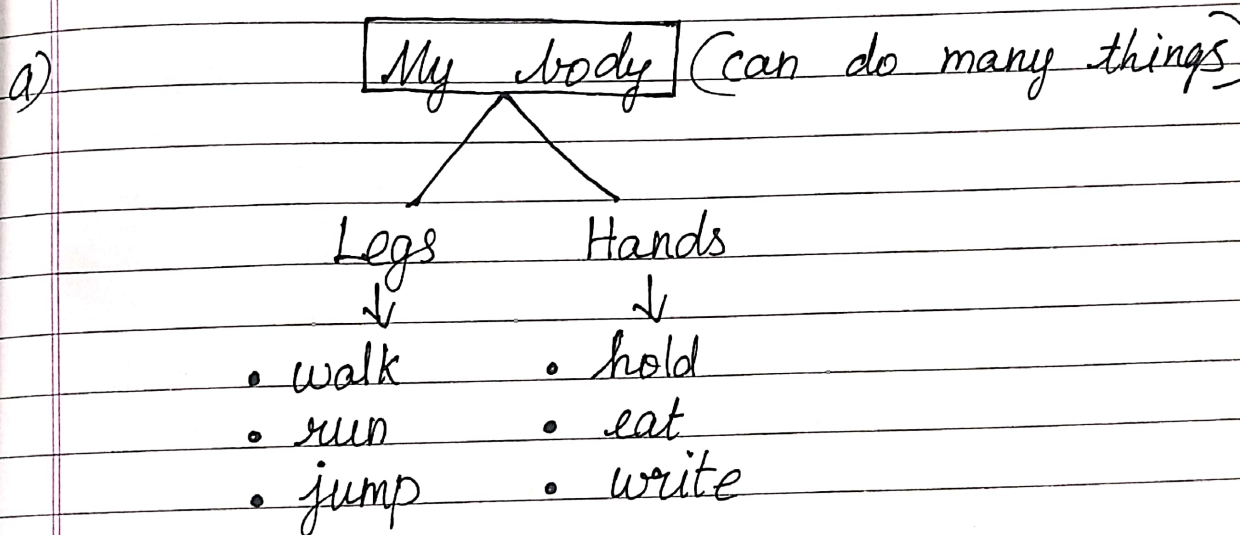
2. Name two actions that you can do with your hands.

Ans: We can eat and write with our hands.

3. Which body parts are used by birds to fly?

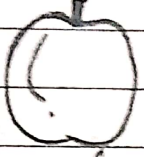
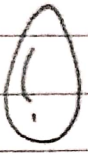
Ans: Birds use their wings to fly.

V Mind map



Lesson - 2 The Food we eat

I Draw and colour :

| Food from plants | Food from animals |
|--|--|
|  apple |  egg |

II Fill in the blanks :

1. We get food from plants and animals.
2. Food gives us energy to work any play.
3. Milk makes our bones and teeth strong.
4. Water helps to digest the food we eat.

III Unscramble words :

1. E H A L T H Y - HEALTHY
2. S L U E P S - PULSES
3. R I T F S U - FRUITS

IV. Give two examples:

1. Milk products : butter, cheese
2. Cereals : wheat, rice

V. Match the following:

- | | |
|---------------|-------------|
| 1. Break fast | - afternoon |
| 2. Dinner | - morning |
| 3. Lunch | - night |

VI. Answer the questions:

1. Why do we need food?

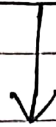
Ans: We need food and water to live and grow. It gives us energy.

2. How many meals do we have in a day?

Ans: We have three meals in a day.

3. Name two food items that we get from plants.

Ans: We get fruits and vegetables.

VIIMind map.Food we eat

Kinds of food



Food from plants and animals.



meals of the day.



good eating habits.

L. Kumathy
15/4/25