



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2025 – 2026)

LESSON: GROWING UP

RECAPITULATION WORKSHEET

RESOURCE PERSON – Mrs. Anuradha Sharma

NAME: _____ CLASS: I SEC: _____ DATE: _____

Remember:

- A clean body is a healthy body.
- All living things grow.

I. Draw a happy 😊 smiley against the correct statement and a sad 😞 smiley for the wrong statement.

- a. Tina wakes up early in the morning.
- b. A chick grows into a hen.
- c. Rohan goes to bed late.
- d. A little boy grows into a man.
- e. Riya wears dirty clothes.
- f. Sam washes his hands and rinses his mouth before and after every meal.

II. Think and answer the following questions.

Q1. To grow healthy and tall, we need to - (mention any two habits)

Ans. _____

Q2. How we can keep ourselves clean and healthy? (write any two habits)

Ans. _____

III. Choose the correct answer from the bracket and fill in the blanks.

- a. We need to breathe fresh _____. (air / water)
- b. Pinky combs her _____ every day. (hands / hair)
- c. We should keep our body _____. (clean / dirty)
- d. I eat healthy _____ and drink clean water. (sweets / food)
- e. I brush my _____ in the morning and at night. (teeth / dress)

IV. "Question, Reflect, Decide: Your Answer Matters."

1. Rahul ate his lunch without washing his hands. What might happen? Tick the correct option.

- a) He will feel strong and healthy.
- b) He may fall sick because of germs.
- c) His hands will become clean.

2. A puppy has grown into a dog. What does this tell us about living things? Tick the correct option.

- a) Living things never change.
- b) All living things grow.
- c) Only animals grow.

3. Ravi's shoes have become too tight. Why do you think this happened? Tick the correct option.

- a) His feet are growing bigger.
- b) The shoes are old.
- c) He did not wash them.