



INDIAN SCHOOL AL WADI AL KABIR

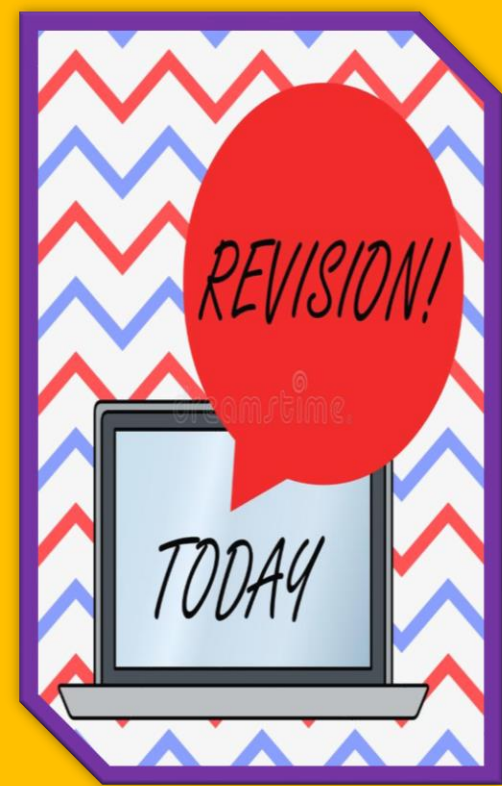
CLASS I (2023-2024)

SUBJECT : EVS

EVS REVISION

**POST MID TERM
DIAGNOSTIC ASSESSMENT**

RESOURCE PERSON: HAMIN V



POST MIDTERM DIAGNOSTIC ASSESSMENT PORTION

❖ **LESSON – 2 MY FAMILY AND MY NEIGHBOURS**

- **MY NEIGHBOURS (Page 11)**
- **LIFE SKILLS AND HAVING FUN WITH FAMILY AND NEIGHBOURS (Page 12)**

❖ **LESSON – 3 FOOD WE EAT**

- **SOURCES OF FOOD (Pages 17 and 18)**

❖ **LESSON – 4 WATER**

- **SOURCES OF WATER (Page 25)**
- **USES OF WATER (Page 26)**

❖ **LESSON – 7 WE NEED AIR**

- **FEATURES OF AIR AND USES OF AIR (Pages 44 and 45)**

❖ **LESSON – 8 KEEPING CLEAN AND HEALTHY**

- **KEEPING OUR BODIES CLEAN AND WHY IS CLEANING IMPORTANT (Page 50)**
- **KEEPING OUR BODIES HEALTHY (Page 51)**

LESSON- 2 MY FAMILY AND MY NEIGHBOURS



LIFE SKILLS (Communication skills)

We must keep our homes neat and clean.

Look at the pictures. What are these people doing? Who does these activities in your home?



MY NEIGHBOURS

We live in a flat in an apartment block or an independent house. We have people living next to and near us. They are our **neighbours**.

- We spend time with our neighbours because they live near us.
- We talk to them and play games with them.
- We visit them and they visit us.
- Our neighbours help us whenever we need their help. We help them too.



Activity

Write the names of two of your neighbours who live on two sides of your flat or house.

Have you ever helped your neighbour in any way? Tell the class how you did so.






Did you ever go to your neighbour to ask for help? Discuss in class.

LIFE SKILLS (Interpersonal relationship)

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We must be good to our neighbours.

Tick (✓) what you should do and cross (✗) what you should not do when you visit your neighbours' homes.

1. Visit them when they are resting. 
2. Speak softly especially if there are old or ill people in the house. 
3. Be respectful to elders. 
4. Go to your neighbour's house in the evening or morning when they are free. 
5. Demand something to eat. 

HAVING FUN WITH FAMILY AND NEIGHBOURS

Festivals are days of celebration.

- We have fun with our family and neighbours.
- We play games together.
- We celebrate important events such as birthdays with our family and neighbours.
- We also celebrate festivals together with our neighbours.



LESSON- 3 FOOD WE EAT



FOOD EATEN DAILY

The food that we eat at a particular time is called a **meal**. We eat both big and small meals in a day.

The big meals are breakfast, lunch and dinner. The small meals are snacks eaten mid-morning and early in the evening.

- We have **breakfast** in the morning.
- We have **lunch** at noon.
- We have **dinner** at night.
- We must eat our meals at the same time every day.
- We must eat enough to be healthy.



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breakfast in the morning



lunch at noon



dinner at night

SOURCES OF FOOD

All our food comes from **plants** and **animals**.

We get **fruits**, **vegetables**, **cereals** and **pulses** from plants.

Fruits are generally sweet. Bananas, mangoes, apples, oranges and grapes are some fruits.



Carrots, turnips, potatoes, beans, brinjals, lady's fingers, spinach and cabbage are some vegetables.



Cereals such as rice and wheat and pulses such as *toor dal* and *masur dal* are seeds of plants.

We get food from animals, too. **Milk**, **eggs**, **fish** and **meat** are obtained from animals.



KEY WORDS

breakfast cereals dinner lunch pulses

Check your progress!

Use the key words given above to complete each sentence.

1. **Cereals** and **pulses** are seeds of plants.
2. **Breakfast** **lunch** and **dinner** are the three meals that we eat in a day.

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HEALTHY FOODS



They help us grow and stay well.

Some foods are unhealthy. Too much of these foods is bad for our health. We can eat them once in a way or sometimes.



Healthy foods



Unhealthy foods

LESSON- 4 WATER



SOURCES OF WATER



LAKE



RIVER



PONDS



WELLS

Do you know
where does
water come
from?



LET'S
FIND OUT

**How do these sources
get their water?**

THE RAINS FILL RIVERS, LAKES AND PONDS



AT HOME WE GET WATER FROM TAPS.



SOURCES OF WATER

We get water from rivers, lakes, ponds and wells. These are called **sources of water**.



Pond



Well

How do these places get water?

Every year it rains for a few months.

The rains fill rivers, lakes and ponds.

At home, we get water from taps.



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Activity

In the space given below, draw or paste pictures of two sources of water.
Write the names.





Kids Study Zone by Jessy Sterin

USES OF WATER

One of the most important uses of water is for drinking.

Water is also used for:



cooking



bathing



washing



cleaning



watering plants and growing crops

Activity

Look at the pictures and tick the activities in which water is used.









bathing



drinking



**Washing
dishes**



brushing



cleaning



**Watering
plants**



**Importance and
uses of water**

drinking



cooking



bathing



watering plants



watering crops



LESSON- 7 WE NEED AIR



PAWS



FEATURES OF AIR

**AIR HAS
NO COLOUR.**

**AIR HAS
NO TASTE.**

**AIR HAS
NO SHAPE.**



Air moves.
Moving air is called
WIND.



When wind moves gently,
we call it a
BREEZE.

When wind moves very quickly and strongly, we call it

A STORM

OR

A GALE.



**AIR IS ALL AROUND US
YOU CANNOT SEE IT.**



You can feel air when it moves.



Air is all around us.

FEATURES OF AIR



Air has no colour, no shape and no taste.

Air moves. Moving air is called **wind**.

When wind moves gently, we call it a **breeze**.

When wind moves very quickly and strongly, we call it a **storm** or a **gale**.



Breeze



Storm



Activity

Blow on your hands. Fan your face.

Can you feel air?



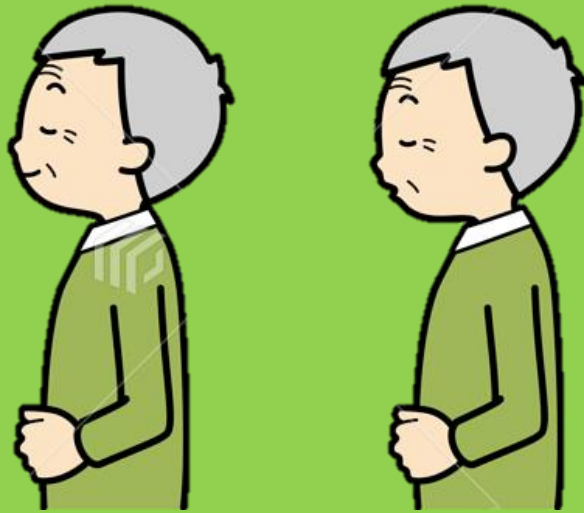
You can feel air when it moves.

Squeeze an empty plastic bottle near your face.

Can you feel the air coming out of the bottle?

Air exists everywhere, though we cannot see it.

USES OF AIR



We need air to breathe. We breathe through our nose.



Animals and plants also need air to live.



Air is used to fill balloons and tyres.





Moving air helps kites to fly, boats to sail and clothes to dry.

Wind turns the blades of the windmill.

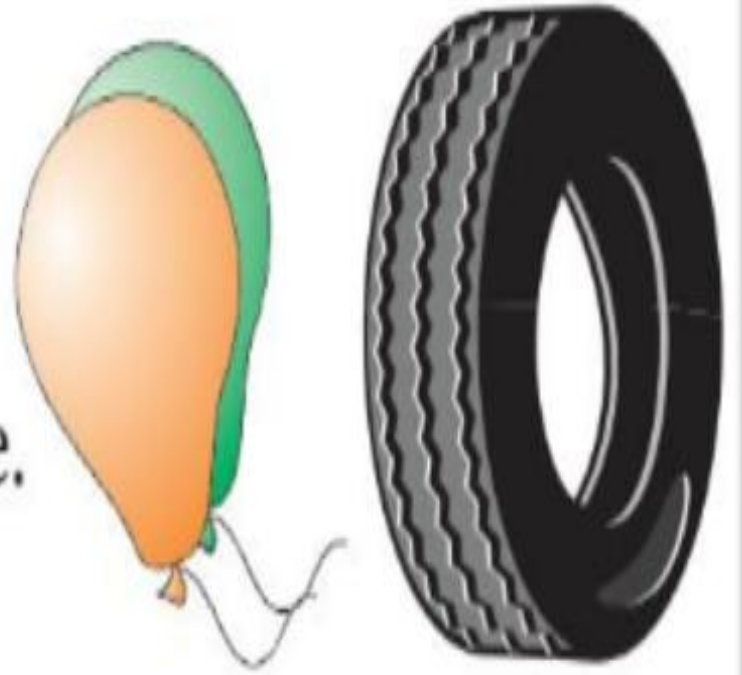


Windmills help to produce electricity.

USES OF AIR

We need air to breathe. We breathe through the nose.

Animals and plants also cannot live without air.



Air is used to fill balloons and tyres.



Moving air helps kites fly and boats sail.



Moving air helps clothes dry.



Wind turns the blades of windmills.
Windmills help to produce electricity.



Activity

Sit quietly.

Put your hand on your chest.

Can you feel your chest move up and down?

This is due to the air we breathe in and out.

LESSON- 8

KEEPING CLEAN AND HEALTHY



KEEPING OUR BODIES CLEAN

What must we do to keep ourselves clean?

- We must wash our hands with soap and water:



after touching dirt
and pet animals.



before and after
eating food.



after playing.



after using
the toilet.

- We must brush our teeth after getting up in the morning and before going to bed.
- We must clean our teeth after every meal.
- We must use a proper brush and toothpaste to clean our teeth.
- We must bathe every day and wear clean clothes.
- We must keep our nails short and clean.
- We must wash our hair often and comb it properly.



Why is cleanliness important?

Cleanliness helps to keep germs away.

KEY WORDS

cleanliness bathe germs habits

? Check your progress!

Use the key words given above to complete the sentences.

1. We must follow good **habits**
2. **Cleanliness** is an important habit.
3. We must **bathe** every day and wear clean clothes.
4. **Germs** make us sick.

KEEPING OUR BODIES HEALTHY

To keep our bodies healthy, we must



drink plenty of water.



play outdoor games in
a playground or a park.



get a good
night's sleep.



do yoga and
other exercises.



eat fruits and vegetables.
Avoid junk food such as pizzas, burgers,
French fries and fizzy drinks.

State whether the statements given are true or false.

- 1. Be respectful to elders. true*
- 2. Milk, eggs, fish and meat are obtained from plants false*
- 3. We get water from rivers, lakes, ponds and wells. true*
- 4. Air has no colour, no taste and no shape. true*
- 5. You cannot feel air when it moves. false*
- 6. Germs makes us sick. true*
- 7. We must do yoga and exercises to keep our body healthy. true*



Fill in the blanks with the given words.

~~fruits~~ ~~rain~~ ~~wind~~ ~~Cleanliness~~ ~~bathe~~ ~~taps~~

1. Cleanliness helps to keep the germs away.
2. We must bathe every day and wear clean clothes.
3. Moving air is called wind.
4. The rain fills rivers, lakes and ponds.
5. Bananas, mangoes, apples, oranges and grapes are fruits.
6. At home we get water from taps.

Fill in the blanks with the given words.

~~windmills~~

~~dinner~~

~~drinking~~

~~Cleanliness~~

~~fun~~

~~neighbours~~

7. Cleanliness helps to keep the germs away.

8. We have fun with our family and neighbours.

9. The most important uses of water is for drinking.

10. We have dinner at night.

11. Windmills help to produce electricity.

12. People living next door are our neighbours.



Guess the **ODD** one in each set.



1. rivers

lakes

fish

ponds

2. energy

cooking

washing

cleaning

3. brinjal

beans

grapes

carrot

4. plants

wind

breeze

gale



Put tick () for correct statements and cross () for the incorrect statements.

1. We don't celebrate festivals and other events with our neighbours. 

2. We need air to breathe.



3. We must wash our hands with soap and water.



4. We have lunch at night.



5. Cereals and pulses are seeds of plants.



Match the column A with column B.

A

B

1) water

a) no taste

2) germs

b) drinking

3) windmill

c) sick

4) air

d) electricity

1) **b**

2) **c**

3) **d**

4) **a**

Choose the correct answer from the options given below:

1) We have fun with our family and neighbours.

- a) aunt b) family ✓ c) uncle

2) People living next door are our neighbours.

- a) family b) pets c) neighbours ✓

3) We must follow good habits.

- a) habits ✓ b) festivals c) energy

4) We must drink plenty of water.

- a) fruits b) water ✓ c) eggs

5) Moving air helps clothes dry.

- a) tree b) forest c) clothes ✓

6) The rains fills rivers, lakes and ponds.

- a) rains ✓ b) windmills c) boats

Answer the following.

1. Why do we need air?

Ans. *We need air to breathe.*

2. Write three ways to keep our body healthy?

Ans. *1. Drink plenty of water.*

2. Do yoga and other exercises

3. Eat fruits and vegetables.

3. From where do rivers, lakes, wells and ponds get water?

Ans. Rivers, lakes, wells and ponds get water from rains.

4. From where do we get fruits and vegetables?

Ans. We get fruits and vegetables from plants.

5. Name two festivals that you celebrate with your neighbours?

Ans. The two festivals that we celebrate are Diwali and Eid.

