

Welland Gouldsmith school
Class- 1
Subject: science
Topic: Our Needs worksheet

There are five basic needs air, water, food, clothes and shelter.

Air- We need fresh and pure air to breathe. It should be free from smoke and dust.

Water- We must always drink clean water. It should be free from germs or dust. Stored drinking water must be kept covered.

Food- Food is necessary for the growth of body and good health. We should eat clean and fresh food. It must be kept covered. We should eat fruits and vegetables daily it helps to build our body and keep us healthy.

Clothes- Clothes protect our body from cold, heat and dust. We should always wear clean clothes. We wear light and cotton clothes in summer to stay cool. Woollen clothes keep us warm in winter.

Shelter- We need a house to live. A house protects us from heat, cold, rain and theft.

Good food, regular exercise and games along with proper rest help our body to grow strong and healthy.

**** Children please do the following exercises in your science exercise book**

1. Answer the following questions:

1. Why do we need fresh air?
2. What does fresh and pure air make us?
3. How should stored drinking water be kept.?
4. Why is food necessary?
5. Name 3 food which help to build our body?
6. Name 2 food which give energy to our body?
7. Why do we need clothes?
8. Why do we need light and cotton clothes in summer?
9. When do we wear woollen clothes?
10. What help our body to grow strong and healthy?

2 Fill in the blanks

1. A house protects us from _____, _____, and _____.
2. _____ clothes keep us warm in winter.
3. _____ help to keep us healthy.
4. We should eat _____ and _____ food.
5. Drinking water should be free from _____ or _____.
6. _____ and _____ air make us healthy .
7. We need a house to _____ in
8. The air has not to be _____.
9. Go _____ or walk in your _____ to take fresh and pure air
10. We need _____ and _____ clothes in summer to stay cool.

3. Write true or false.

1. We need clothes to cover our body. _____
2. We need dust and smoke air to breathe. _____
3. Butter , meat, fish, and eggs help to build our body. _____
4. Woollen clothes keep us cool. _____
5. Good food regular exercises and games help our body to grow strong and healthy. _____
6. A house protects us from wild animals . _____
7. We need food to grow and remain healthy. _____
8. The air we breathe should be polluted. _____
9. The stored drinking water should not be covered . _____
10. The doors and windows in the house should allow fresh air and sunlight to come in . _____

4. Who am I ?

1. I protect you from rain, heat , cold and theft.
2. I keep you cool in summer.
3. When you are thirsty you need me.
4. I am necessary for the growth of body and good health.
5. I protect you from heat, cold and dust.

5. Draw, colour and label the following

1. Any three needs
2. Any two food which help to build our body
3. Any two food which give energy to our body