

Welland Gouldsmith School

Class- 1

Subject: science

Topic: Our Needs

Answer key

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

1. Answer the following questions:

1. Why do we need fresh air?

Ans: We need fresh air to breathe.

2. What does fresh and pure air make us?

Ans: Fresh and pure air make us healthy.

3. How should stored drinking water be kept?

Ans: Stored drinking water should be kept covered.

4. Why is food necessary ?

Ans: Food is necessary for the growth of body and good health.

5. Name 3 food which help to build our body?

Ans: meat, fish, eggs

6. Name 2 food which give energy to our body?

Ans: rice, vegetables

7. Why do we need clothes?

Ans: We need clothes to cover our body.

8. Why do we need light and cotton clothes in summer?

Ans: We need light and cotton clothes in summer to stay cool.

9. When do we wear woollen clothes?

Ans: We wear woollen clothes in winter.

10. What helps our body to grow strong and healthy?

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

2 Fill in the blanks

1. A house protects us from **heat, cold, and rain.**

2. **Woollen** clothes keep us warm in winter.
3. **Fruits** help to keep us healthy.
4. We should eat **clean** and **fresh** food.
5. Drinking water should be free from **germs** or **dust**.
6. **Fresh** and **pure** air make us healthy
7. We need a house to **live** in .
8. The air has not to be **polluted**
9. Go **outside** or walk in your **garden** to take fresh and pure air
10. We need **light** and **cotton** clothes in summer to stay cool.

3. Write true or false.

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

4. Who am I ?

1. I protect you from rain, heat , cold and theft.

Ans: house

2. I keep you cool in summer.

Ans: cotton clothes

3. When you are thirsty you need me.

Ans: water

4. I am necessary for the growth of body and good health.

Ans: food

5. I protect you from heat , cold and dust.

Ans: clothes

5. Draw, colour and label the following

Any three needs

Any two food which help to build our body

Any two food which give energy to our body

