



SUMMER ENGAGEMENT PROGRAMME

CLASS I (2025 - 26)

Multilingual Magic : Embracing a Healthy Lifestyle



Dear Parents,

The summer holidays are a joyful time for young learners to recharge, explore new interests, and nurture healthy habits. This year, we bring to you a thoughtfully curated **Summer Engagement Program** that encourages children to grow holistically through playful learning, creativity, and simple wellness routines.

As they enjoy the sunshine and stories, this holiday homework will also gently introduce them to the beauty of language, self-expression, and joyful learning. We believe learning continues beyond the classroom — in every conversation, every book, every nature walk, and every shared moment with family.

Here's how you can make the most of this summer:

- ❖ **Start the Day Right:** Encourage simple morning rituals like Surya Pranam and respectful greetings to elders to instill positivity and discipline.
- ❖ **Read, Imagine, Express:** Make story time a daily habit. Encourage your child to talk about what they read — even in different languages spoken at home.
- ❖ **Create Freely:** Allow time for painting, drawing, or playing with clay and water. Unstructured play brings out creativity.
- ❖ **Speak with Confidence:** Support your child in using English and other familiar languages. Every language is a doorway to new thinking and expression.
- ❖ **Build Life Skills:** Let them dress themselves, clean up toys, and help with meals — these small acts build big confidence.
- ❖ **Spend Time with Grandparents:** Encourage children to bond with grandparents — listen to their

stories, play simple games, or just share quiet moments. These interactions foster love, respect, and learning across generations.

Step Outside: Go for walks or short trips. Talk about what they observe — a bird's song, a market's buzz, or the colours of the sky.

Limit Screen Time: Choose shows or content that inform and inspire — animated stories, nature clips, or educational programs.

Write a Little Each Day: Encourage your child to write a few lines daily. It nurtures expression and improves handwriting.



READ TOGETHER, LEARN TOGETHER

Make reading a joyful part of your child's daily routine. Foster a love for reading by spending time reading together every day. Encourage your child to choose books that interest them and make reading a fun and enjoyable experience. Here are a few websites and apps to find books for your child to read:

➤ e-Jaadui Pitara App

(https://play.google.com/store/apps/details?id=in.gov.myjp.app&pcampaignid=web_share)

➤ CBSE Reading App by Freadom

(https://play.google.com/store/apps/details?id=com.cbsefreadom&pcampaignid=web_share)

➤ Story Weaver for Story Books (<https://storyweaver.org.in/en/>)

➤ Encourage them to explore these simple and beautifully illustrated books by NBT India, ideal for young readers:

- ❖ “Bunty and Bubbly” – A delightful tale of friendship and sharing.
- ❖ “The Red Raincoat” – A sweet story about patience and anticipation.
- ❖ “The Why-Why Girl” by Mahasweta Devi – A powerful story encouraging curiosity and courage.
- ❖ “Gopi the Car Painter” – A tale that introduces the dignity of labour and creativity.
- ❖ “My Best Friend” – A story that celebrates empathy and understanding.
- ❖ “A Visit to the Zoo” – A colourful journey into the animal world, sparking curiosity and love for nature.
- ❖ “Let's Plant a Tree” – Encourages environmental awareness and responsibility.

You can find these and many more on:

✧ <https://nbtindia.gov.in>

✧ [NBT e-Books on Amazon Kindle or NBT's Mobile App]

Instructions for Holiday Homework:

- Kindly encourage & guide your child to do the worksheets uploaded with the roster, drawn/printed ones as per your convenience. All the worksheets to be documented in a folder.
- All the art (drawing & colouring) activities should be done on drawing sheets/sketch file/notebook etc., as mentioned or as per instructions.
- Along with Holiday Homework, practice page number 20 (Ballet - Pencil Shaving) and page number 25 (Monster - Paper Collage) of **Wonderland in Art Book**.
- Also, you are requested to capture your ward while he/she is doing the activities, mentioned in the roster, both in stills and videos.
- Document/Maintain all the holiday homework in a **beautifully crafted, well labelled folder** and submit it to the class teacher by **7th July 2025**.

Bonus Family Time Activity!

This summer, let's make space for laughter, learning, and love. Along with the worksheets, we've included a **Family Summer Checklist** — simple, joyful activities to strengthen bonds, build habits, and create memories that last beyond the season. It's not homework — it's heart-work!



The Family Summer Checklist

Let's build habits that shape hearts – together!

Use this checklist to enjoy meaningful moments, build real-life skills, and connect as a family in ways that last beyond the summer!



Enjoy two meals together every day



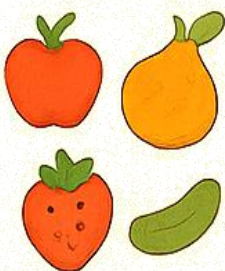
Let your child wash their own plate



Talk about food, farmers, and why we shouldn't waste it



Visit three neighbors



Let your child wash their own salad



Spend time with grandparents



Write new English words



Show your child your workplace



Grow a plant in the garden



Bake something fun together



Reflection Page—



How Did It Feel?



Dear Parent:

Share a few lines on how you felt doing these simple but special activities with your child:



Dear Child:

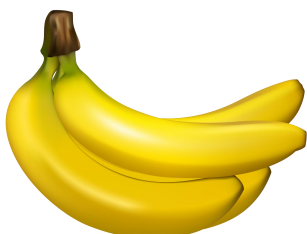
What did you enjoy the most?
Draw or write a little note:



ITL PUBLIC SCHOOL

SAY 'YES' TO NATURAL SUGAR!

Q.  the healthy food item and put a  on the food item contains artificial sugar.

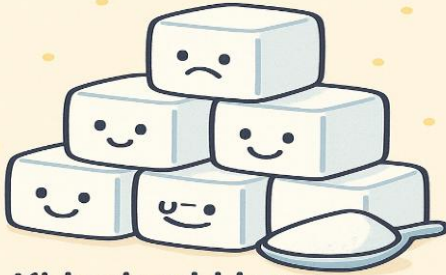




ITL PUBLIC SCHOOL

How Sweet is It?

HOW MUCH SUGAR IS HEALTHY?



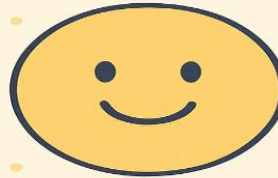
Kids should have
**LESS THAN
6 TEASPOONS**
of sugar per day.



Too much
sugar
per day'

Too much sugar can lead to:

- Weight gain
- Cavities
- Diabetes



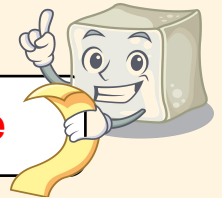
**STAY
HEALTHY!**

Eat healthy.

Q. Check the nutrition labels to find out how many grams of sugar are in each of the food items listed below.



4 Grams of Sugar = 1 Teaspoon or 1 sugar cube



Food Item	Teaspoons / Sugar cube	Is it healthy or unhealthy?
Chocolate Bar		
A packet of Raisins		
Ice Cream		
Soft Drink		
A packet of Dates		
Fruit Yogurt		

1. Which of the listed food items has the most amount of sugar?

2. Which of the listed food items has the least amount of sugar?

3. Which food items do you think are the best choices and why?



Swap the sweet, keep the treat!

Q. Draw or stick a picture of a healthy food item or drink that you can have instead of the following items containing artificial sugar.

Ice - cream



Candies



Soft drinks



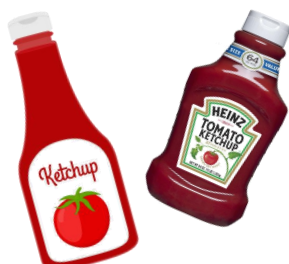
Sweets



Cake



Tomato Ketchup





ITL PUBLIC SCHOOL

My Healthy Star Tracker!



Draw a star ★ each day when you:







	MON	TUES	WED	THUR	FRI	SAT	SUN
Drink 6-8 glasses of water 							
Eat 2 seasonal fruits 							
Having milk 							
Eat vegetables 							
Exercise for 10 minutes 							

Count how many stars you got this week!



ITL PUBLIC SCHOOL
CLASS I Activity Rooster (2025-2026)

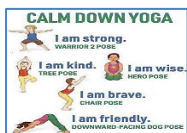
THEME- A HEALTHY START

<p style="text-align: center;"><u>19.05.25</u> <u>Monday</u></p>	<p style="text-align: center;"><u>20.05.25</u> <u>Tuesday</u></p>	<p style="text-align: center;"><u>21.05.25</u> <u>Wednesday</u></p>	<p style="text-align: center;"><u>22.05.25</u> <u>Thursday</u></p>	<p style="text-align: center;"><u>23.05.25</u> <u>Friday</u></p>
<p>A Healthy Start with 5 Minutes Energy Booster Each move for 30 seconds and rest for 15 seconds between moves. Are you ready? * Jumping Jacks - Jump and clap your hands above your head. * High Knees - Run in place, bringing your knees up high! * Squats - Bend your knees and lower down yourself like you're sitting in an invisible chair. * Arm Circles - Stretch your arms out and make small, fast circles. * March and Stretch - March in place and stretch your arms up towards the sky. Finish with: 1 minute of deep breathing • Breathe in for 4 counts, hold for 4 counts breathe out for 4 counts.</p> 	<p>My Multilingual Healthy Plate</p>  <p>Draw a healthy meal & label each food items in two or three languages. Example:</p> <ul style="list-style-type: none"> • Apple-English • Pomma-Marathi • Seb-Hindi <p>Food group I – Fruits (Roll Nos. 1-12)</p> <p>Food group II – Vegetables (Roll Nos. 12-24)</p> <p>Food group III- Milk Products (Roll Nos. 24 -36)</p> <p>Make it on A4 size sheet and get it laminated.</p>	<p>Multilingual Healthy words Hunt</p> <p>A fun, multilingual activity to promote healthy eating could be a "Healthy Food words hunt" game, adapted for multiple languages.</p> <ul style="list-style-type: none"> • Choose, learn and write the healthy lifestyle words like (exercise water, fruit, milk, rice, and sleep) in 3 languages (e.g., English, Hindi, and any regional/home language). • Draw a small picture next to each word. • Make a colorful poster with all the translations! 	<p>I ate a Rainbow Today! Healthy Eating Chart "HEALTH IS WEALTH". To remain healthy, we must eat food containing all the nutrients i.e., carbohydrates, fats, proteins, vitamins, minerals, fibre, and water in proper proportions-that is a Balanced Diet. Note down & track what you ate from rainbow colour for any seven days during the vacation. Complete the following table on an A4 sheet and check whether your diet was balanced. What food items do you need to add or remove to make it a balanced diet?</p> 	<p>संतुलित आहार, स्वस्थ-विचार!</p> <p>गर्मी में खाई जाने वाली कच्ची सब्जियों का चटपटा सलाद या सैंडविच या फलों की चाट बनाकर खाइये और उसे बनाने की विधि ए 3 साइज़ शीट पर लिखिए । उसे बनाते हुए उसके साथ अपनी फोटो चिपकाइए ।</p>  
		<p style="text-align: center;">THEME- FIT AND FUN</p>		

26.05.25
Monday

Fitness Fun Log

- Maintain a **3-days journal** of your activities:
 - What time you wake up?
 - Any outdoor game or yoga that you do.
 - How many glasses of water you drink in a day?
- Use pictures and stickers, if you like.
- Practice any 4 yoga asanas with their name and proper posture.
- Paste your pictures in an A3 sized sheet and write affirmations with each picture.
- Spend your precious time to be healthy and fit.



27.05.25
Tuesday

My Healthy Drink

Make any refreshing summer drink, note down its name and ingredients. Also, capture the moment of enjoying it and paste it on A4 sized coloured sheet.



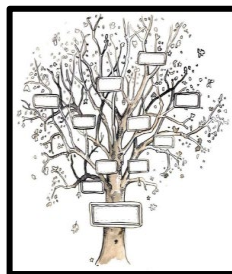
28.05.25
Wednesday

Activity Sing a Song

- Learn a simple **lullaby or folk song** in your home language or any Indian language.
- Record or perform it with actions.

My Word Tree:

- Take a small, old bowl and fill it with mud. Now fix a twig or a branch of a tree in it.
- Cut leaves out of different coloured A4 sized sheets.
- Write one word that you have learnt on each leaf. Stick these leaves on to the branches of your 'Word Tree'



29.05.25
Thursday

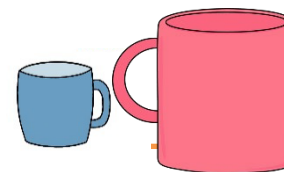
Fitness Fun Poster Let's Get Active

Create a poster that promotes fitness. Write the names of 5 exercises in any three languages. Draw or paste picture of each exercise. Write an encouragement message also. Like- "You're stronger than you think. Keep moving, you're doing great."



Paint a Ceramic Mug

"Unleash your creativity by painting a ceramic mug with your favourite colour – a fun, hands-on activity that turns a simple cup into a personal masterpiece!"

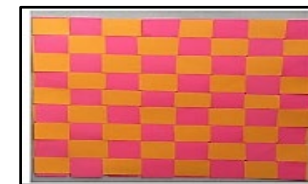


30.05.25
Friday

अक्षर मैट

- दो अलग रंग के समान पेपर स्ट्रिप्स लेकर उनको मैट के रूप में गुथ लें। एक रंग पर तीन अक्षर के शब्द तथा दूसरे रंग पर चार अक्षर वाले शब्द लिखें।
- एक टोकरी सजाओ और उसमें गरमी के मौसम में खाए जाने वाले फल व सब्जियों के चित्र चिपकाएँ तथा उनके नाम भी लिखें।

Make it on an A3 sized sheet and get it laminated.



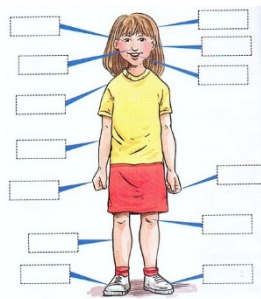
THEME-MY BODY AND SENSES

2.6.25
Monday

Activity 1

My Body in 2 Languages

- Draw a picture of yourself (a stick figure or a sample sketch).
- Label at least 5 body parts in English and one more language like Sanskrit. For example (eyes- नेत्र, hands- हस्त etc.



3.6.25
Tuesday

Activity 2 Word Match Game

- Make cards with names of healthy food items in different languages.
- Create a matching game or mini poster with English vs another language. For example: Apple-Seb Milk-Doodh



Spinach

पालक

4.6.25
Wednesday

Activity 3 What My Body Can Do

- Create a booklet wherein each page can have a drawing of a body part. Write one sentence for each drawing drawn. For example: With my eyes, I can see a rainbow.



5.6.25
Thursday

Environment Day

Activity 4

Explore Sikkim's Flora and Fauna (for Roll no's 1-15)

Create a colorful poster showcasing the diverse plants and animals found in Sikkim.

Instructions:

Use A3 sized paper. Draw or paste pictures of Sikkim's unique birds, animals, and flowers. Label each with their names. Decorate the poster with vibrant colors and laminate the sheet as well.

Explore Sikkim's Costumes, and traditional dance (for Roll no's 31-35)

Activity: Create a colorful poster showcasing the traditional attire and dance of Sikkim. Instructions: Use A3 sized paper. Draw or paste pictures of Sikkim's traditional attire and dance .Label each

6.6.25
Friday

Activity 5 Our Senses Buddy – Made from Waste

- Create a planter having human or animal face showing the five senses using recyclable /waste materials.



Wonderland Art & Craft book-

Giraffe mosaic pattern pg no.- 14

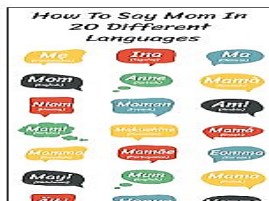
THEME-LOVE AND LANGUAGE

with their names.
Decorate the poster with vibrant colors and laminate the sheet as well.

9.6.25
Monday

Activity 1: 'Mom' & 'Dad' Around the World

- Create a chart showing the words "Mom" and "Dad" in 5 languages.
- Add small flags or drawings for decoration.



10.6.25
Tuesday

Activity 2: Healthy Habits Poem

- Write a **short poem or slogan** about healthy habits.
- Example: "Eat fruits, don't be late, A glass of milk makes you feel great!"
- Write in English and Punjabi languages.



11.6.25
Wednesday

Activity 3: My Loving Words Garland

- Make a paper garland where each piece has a loving word (like "thank you," "sorry," "please," "good job") written and coloured by the child. Hang it in child's room!
- ❖ **Wonderland Art & Craft book** -Thumb impression painting pg no.- 23.



12.6.25
Thursday

Activity 4- Daily Fitness Log

Maintain a small diary where you note a daily physical activity like- yoga, skipping, running, dance, cycling, any game like football, badminton, swimming or skating for 7 days.

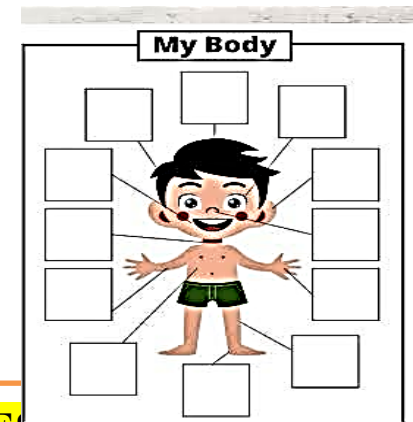
Note: Laminate the poster and bring it to the school.



13.6.25
Friday

Activity 5- My Body, My Friend

Make a poster titled "My Body is My Best Friend" and write loving sentences about body parts.
Example: "I love my hands because they help me to draw."



THEME- HOLISTIC GROWTH AND PREVENTING OBESITY

16.6.25
Monday

Father's Day (on 15th June but celebrating on 16th June)

Activity 1: Tiny Little Hands Will Melt Dad's Heart

Father's Day is the perfect time to let superstar dads know they are appreciated for all that they do. For this special day we have super fun activity for you and your dad.

Materials required: -

Key ring, jump ring, poster colour, cut outs of hand print of father and child on a thick sheet.



Steps: -

17.6.25
Tuesday

Activity 2: Paper Plate Food Faces

Objective: Combine creativity with healthy food choices

Materials: Paper plates, cut-out pictures of healthy foods or coloured paper glue, scissors, markers

Instructions:

Let students create faces using cut-out or drawn healthy food items (e.g., apple slices for eyes, broccoli for hair). Discuss how each item helps the body.



18.6.25
Wednesday

Activity 3: My Healthy Plate (Art & Learning)

Task: Design a colourful plate with your favourite healthy foods.

Take an A4 sheet or a paper plate. Draw 3-5 healthy foods (e.g., fruits, vegetables, dal, roti, milk). Colour them brightly. Write or tell your parent how these food items make you strong and healthy. Example: "I drew an apple because it keeps me healthy strong and prevents obesity."



19.6.25
Thursday

Activity 4- Move Your Body! (Physical Activity)

Task: Try one fun exercise every day and make a chart.

Choose activities like jumping, dancing, running in place, or stretching. Practice the activity for 5-10 minutes with your family or friends. Draw or write the activity on a chart (e.g., "Day 1: Dancing"). Stick a star sticker or draw a smiley face for each day you complete. Example Chart:

Day 1: Dancing 😊 Day 2: Jumping ★ Day 3: Running 😊 Learning: Staying active keeps our body fit and helps prevent obesity.

20.6.25
Friday

Activity 5- World Music Day
It is celebrated on 21st June.

Activity- Making their own musical instrument

Encourage your children to create their own instruments using recycled materials like empty bottles, cardboard tubes or rubber bands etc and celebrate the day of music with love and creativity.



- Take a colourful hand impression on an ivory sheet.
- Once the hand impression (cut out) gets dried, make a hole in it and insert the jump ring as shown in the picture above.
- You may write a quote for your father on the same.

And here our beautiful keyring is ready to gift out father.

Theme- Healthy Body and Healthy Mind

23.6.25
Monday

Activity 1: **Time to learn Poem**

Food is something that provides nutrients. Nutrients are substances that provide energy for activity, growth, and all functions of the body.

Let's embrace the nutrients it gives us.

Healthy Food Healthy Life

24.6.25
Tuesday

Activity 2: **My Happy Heart (Mental Health & Creativity)**

Task: Create things that your heart loves to do!
Draw a big heart on an A4 sheet. Inside the heart, draw or paste pictures of people/things that make you happy (e.g. family, pets, toys). Also write one sentence about it.

25.6.25
Wednesday

Activity 3: **Family Happy Day (Holistic Health)**

Task: Plan a Happy Family Day
Pick a day to enjoy fun and healthy activities together.
Like-Eating a healthy snack (e.g., fruit or nuts)/Playing a game (e.g running, dancing, or a board game)/Narrating a happy story or singing a song.
Draw or write one thing you did

26.6.25
Thursday

Activity 4- **Healthy Fruits in Alphabetical Order**

It is rightly said that 'Eat Healthy be Healthy'.
Keeping this in mind, arrange these healthy food items in alphabetical order and colour them.
You may draw or paste pictures. (A4 sized sheet)

27.6.25
Friday

Activity 5-**Story Time with Family (Weekly)**

Task: Listen to or read one short story with your parents or siblings each week.
Activity: Draw a picture of your favourite character or scene from the story. Share one thing you learned from the story (e.g., "I learned to be kind"). Submit the drawing and one sentence about the story.
Learning: Boost imagination

Fruits and vegetables promote good health, It's the most important wealth. Vitamins and minerals and fibre we need, Results are in, we've all agreed.

Fruits and vegetables prevent diseases, Let's minimize those salty cheeses.

The range of colors should be wide, Fresh is better than frozen or dried.

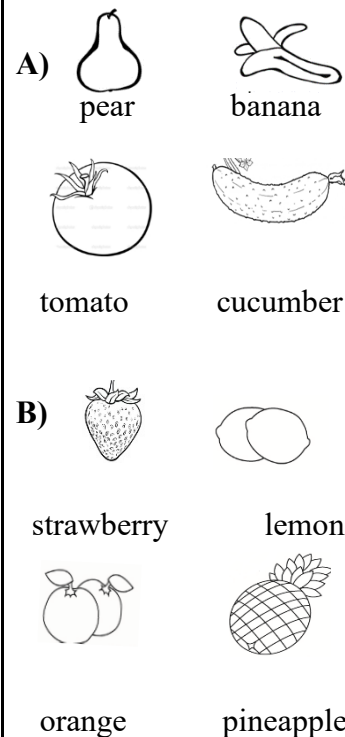
Fruits and vegetables, manage our weight, Healthy calories, on a white plate. They are natural, they'll keep us going, A healthy life starts with knowing.

Example: "I drew my mom because she makes me laugh!"

Learning: Doing things we love keeps our minds happy and healthy.



on that day. Example: "We ate oranges and danced together!"
Learning: Spending time with family keeps our body and mind happy.



and emotional understanding.





ITL Public School













Worksheet-1

Class-1

Name-_____

Class/sec-_____

Q. Choose the correct blend and complete the words.

 <input type="text"/> ar	 <input type="text"/> irt
 <input type="text"/> ider	 <input type="text"/> ail
 <input type="text"/> an	 <input type="text"/> ooter
 <input type="text"/> ow	 <input type="text"/> oon
 <input type="text"/> y	 <input type="text"/> one
 <input type="text"/> arf	 <input type="text"/> ing





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Worksheet-2

Name- _____

Class/sec- _____

Q. Complete the words of the following pictures:



S _ _ o _ _



_ _ e _ _ r



t _ _ n _ _



_ _ o _ _ p



_ _ i _ _ h



g _ _ _ t



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Worksheet- 3

Name- _____

Class/sec- _____

Q. Read the story and answer the following questions:



The cat has a hat.
The hat is not red.
The cat likes the hat.

What does the cat have?

Is the hat red?

Does the cat like the hat?









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Worksheet-4

Name-_____

Class/sec-_____

Q. Color the appropriate words for the given pictures:

	mist		flag
	milk		flat
	mint		flaw
	dart		bunk
	damp		bulk
	dark		bush
	silk		clap
	sick		clam
	sink		clan



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Worksheet-1
Class-1

Name- _____

Class/sec- _____

COUNTING BACKWARDS

Q. Write backward counting from 100-1.

100				96				92	
		88				84			
80				76					71
		68				64			
	59			56				52	
		48				44			
40				36					31
		28					23		
				16					11
	9					4			1



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Worksheet-2
Class-1

Name- _____

Class/sec- _____

CROCODILE GREATER THAN, LESS THAN OR EQUAL TO

Q. Use the \leq , \geq or $=$ between the numbers. Remember the crocodile always eats the bigger number.



15 5

24 74

1 25

68 58

20 14

23 32

76 34

57 80

33 53

82 55

21 38

74 23

30 13

23 75

95 78

90 45

26 21

39 15



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Worksheet-3

Class-1

Name- _____

Class/sec- _____

Greatest Number and Smallest Number

Colour the greatest number with Blue and smallest number with Red.





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Worksheet-4
Class-1

Name- _____

Class/sec- _____

BEFORE, BETWEEN AND AFTER NUMBERS

Q. Write number: (before, between, after)

Before

____ 8

____ 17

____ 12

____ 1

____ 20

____ 44

____ 65



Between

1 ____ 3

20 ____ 22

8 ____ 10

14 ____ 16

31 ____ 33

19 ____ 21

11 ____ 13



After

6 ____

13 ____

29 ____

34 ____

17 ____

42 ____

39 ____





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Worksheet-1

Class-1

Name- _____

Class/sec- _____

शब्दों की रेलगाड़ी

नीचे दिए गए उदाहरण के अनुसार शब्दों को पढ़कर अंतिम वर्ण से नया शब्द बनाइए।

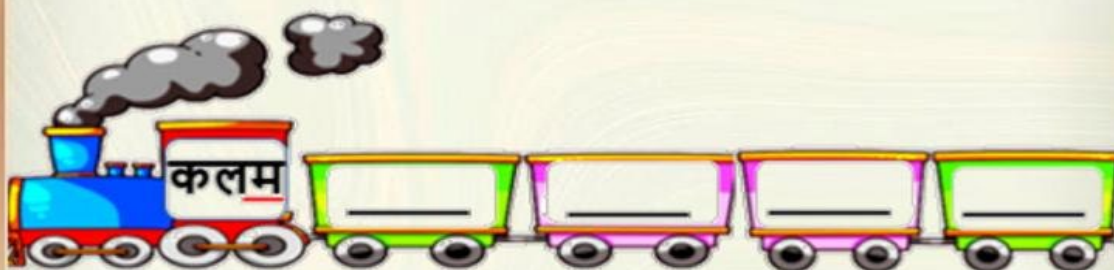
उदाहरण:

नल

लहर

रथ

थरमस





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Worksheet-2

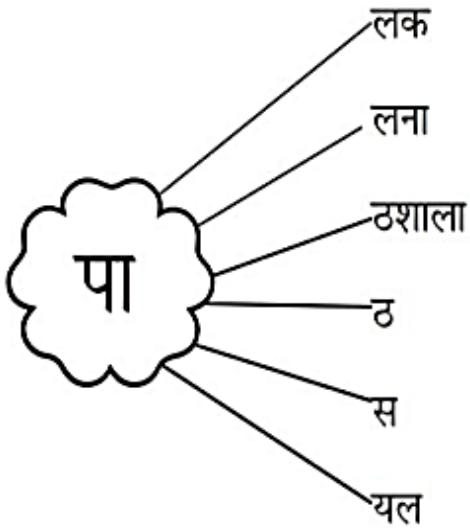
Class-1

Name- _____

Class/sec- _____

प्रश्न : जोड़कर शब्द पूरे करो और लिखो ।







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Worksheet-3

Class-1

Name- _____

Class/sec- _____

प्रश्न: आ की मात्रा लगाकर शब्द पूरे करो और चित्रों में रंग भरो।

गड़-गड़, गड़-गड़ ब दल अ य
ब दल अ य, जल भर ल य।
क ल क ल ब दल छ य
छम-छम, छम-छम जल बरस य।





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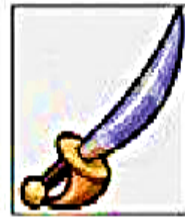
Worksheet-4

Class-1

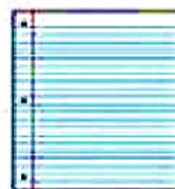
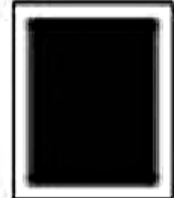
Name- _____

Class/sec- _____

प्रश्न: वर्ग पहेली में अ तथा आ की मात्रा से दिए गए चित्र देखकर उनके नाम ढूँढो और खानों में रंग भरो।



आ	द	का	ग	ज	म	ना
म	का	न	च	हा	व	व
क	ला	प	गा	ज	र	उ
स	न	म	ल	भ	थ	न
द	ड	ट	छ	चा	ठ	ल
वा	न	र	श	व	ग	ट
त	ष	त्र	त	ल	वा	र





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Worksheet-5

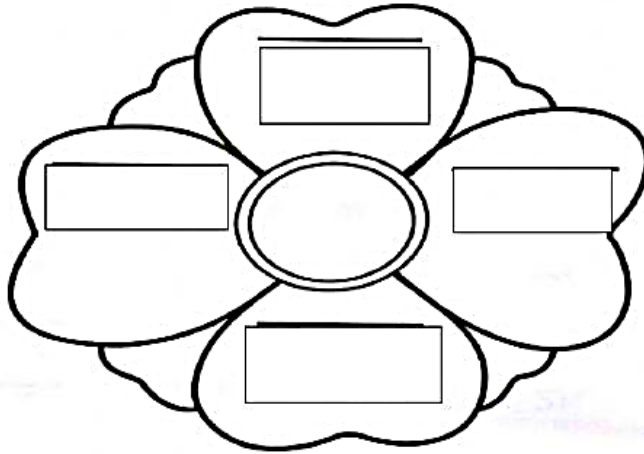
Class-1

Name- _____

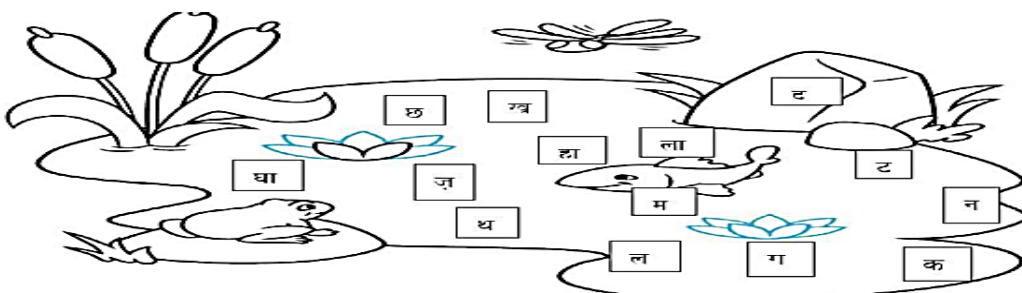
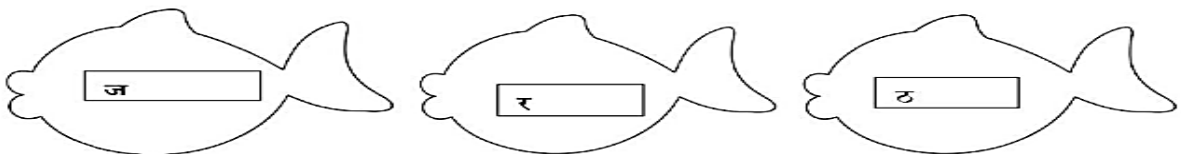
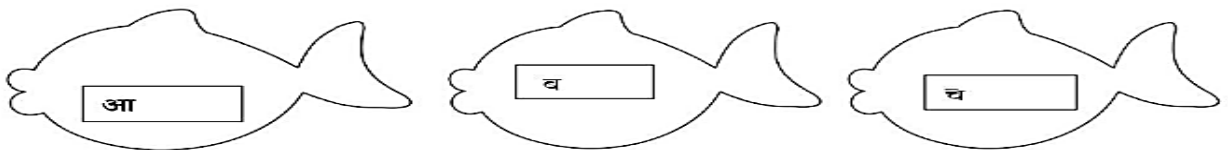
Class/sec- _____

प्रश्न: इ की मात्रा वाले शब्द ढूँढकर फूल की पत्तियों में लिखो तथा रंग भरो।

शहर	खिल	तट	खटिया	भवन	हिरन	नाक	सितार
-----	-----	----	-------	-----	------	-----	-------



प्रश्न : तालाब में कुछ वर्ण दिए गए हैं उन वर्णों को मछलियों में लिखे वर्णों के पीछे लिखकर शब्द बनाइए।





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Worksheet-6

Class-1

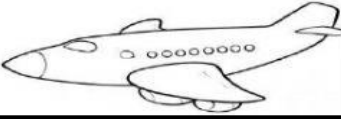











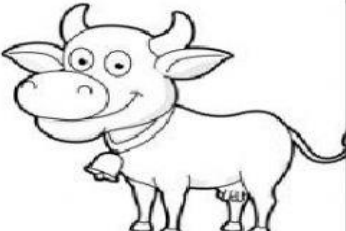



Name- _____

Class/sec- _____

प्रश्न : खानों में दिए गए शब्दों को पढ़ो और सही चित्र के नीचे लिखो। चित्रों में रंग भी भरो।

साइकिल	गाय	दवात	चिड़िया	हिरन	तकिया	तितली	राजा	तलवार	टमाटर
दिल	विमान	तबला	नारियल	गाजर	बादल	किताब	सितार	हाथ	मटका

- खाने में दिए चित्रों के नाम चुनो और सही चित्र के नीचे लेकर जाओ :-



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Worksheet-1

Class-1

Name _____

Class/sec _____

Save The earth

* drop litter around * waste water

* save animals * pollute the air * use solar energy

* use plastic bags * clean the environment

* recycle materials * use pesticides



We

.....



We

.....



We

.....



We

.....



We

.....



We

.....



We

.....



We

.....



We

.....



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Worksheet-2

Class-1

Name _____

Class/sec _____

Q. NAME YOUR FAMILY MEMBERS IN THE SPACE PROVIDED.



Who's this?



This is my _____



This is my _____



This is my _____



This is my _____



This is my _____



This is my _____



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Worksheet-3

Class-1

Name _____

Class _____

Healthy vs Unhealthy

Tick on correct word for the given pictures:

1. Eating Pizza		Healthy	Unhealthy
2. Drinking Soda		Healthy	Unhealthy
3. Riding Bikes		Healthy	Unhealthy
4. PLAYING VIDEO GAMES		Healthy	Unhealthy
5. Playing Soccer		Healthy	Unhealthy
6. Eating Candy		Healthy	Unhealthy
7. Eating Vegetables		Healthy	Unhealthy
8. Running		Healthy	Unhealthy

Worksheet-2



ITL Public School

Worksheet-4

Class-1

Name_____

Class_____

EAT HEALTHY FOOD

To stay healthy, we need to eat healthy food. What type of food is healthy? Why is it important to eat healthy?

Look at each picture and choose the correct answers.

1. Food gives _____ to our body

- a) energy
- b) happy
- c) sad

☐

2. Which of the following consist of healthy food?

- a) sweets, cakes and ice cream
- b) fizzy drinks
- c) fruits and vegetables

☐

3. Food with too much sugar, salt and fats are _____.

- a) healthy food
- b) unhealthy food
- c) good food

☐

4. Which of the following consist of unhealthy food?

- a) sweets and fast food
- b) fruits and vegetables
- c) chicken and rice

☐