



SHREE VASISHTHA VIDHYALAYA

EVS Worksheet 2026-27

Name: Answer Key

Std. I - _____

Roll No. _____

Worksheet No: TA01-05

Date: - _____

Ch-7 (Air and Water)

Ch-8 (Keeping Healthy)

Conceptual Understanding:

Q-1 Fill in the blanks.

- 1) We can feel air when it moves.
- 2) We should keep our body clean.
- 3) Air occupies space.
- 4) All living things need air and water to live.
- 5) Plants need water to prepare their food.
- 6) Drinking dirty water can cause many diseases.
- 7) We should eat healthy diet / food.

Q-2 Unscramble the words.

- | | |
|-------------------------|-------------------------|
| 1) DIWN = <u>wind</u> | 5) ELACN = <u>clean</u> |
| 2) MLSEA = <u>meals</u> | 6) EIDT = <u>diet</u> |
| 3) NJKU = <u>junk</u> | 7) RATWE = <u>water</u> |
| 4) RAI = <u>air</u> | 8) ILDAY = <u>daily</u> |

Q-3 Answer in one word.

- 1) It keeps our body strong and flexible. yoga
- 2) Wind that blows gently. breeze
- 3) Main source of water. rain
- 4) Moving air. wind
- 5) Water that gets collected under the ground. underground water
- 6) Very strong wind. storm

Q-4 Give two examples of

- | | | |
|-----------------------|-----------------|----------------------|
| 1) Surface water | <u>rivers</u> | , <u>lakes</u> |
| 2) Use of air | <u>breathe</u> | , <u>dry clothes</u> |
| 3) Form of exercises. | <u>cycling</u> | , <u>jogging</u> |
| 4) Underground water. | <u>tubewell</u> | , <u>well</u> |
| 5) Use of water. | <u>cooking</u> | , <u>drinking</u> |

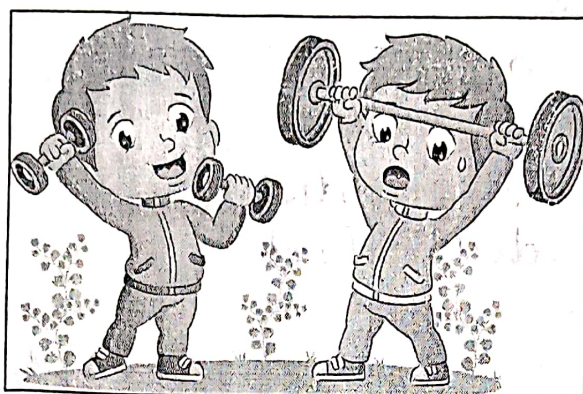


Q-5 Tick the correct option.

- 1) Air occupies space and has (height / weight).
- 2) We need (air / water) to breathe.
- 3) We drink water when we feel (hungry / thirsty).
- 4) We must have a (healthy / unhealthy) lifestyle.
- 5) Always maintain a correct (posture / anger).
- 6) Drinking water should be stored in (close / open) containers.
- 7) We should brush our teeth (once / twice) a day.

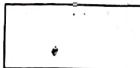
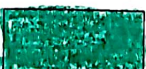
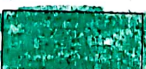
Scientific skills

Q-1 Look at the picture and tick the correct option.



- 1) What are the children doing?
- a) sleeping b) cycling ✓ c) exercise
- 2) It keeps our body _____.
- ✓ a) strong b) weak c) lazy
- 3) We should do exercise _____.
- a) never // b) daily c) often

Q-2 Colour Red for Unhealthy & Green for Healthy.

	Healthy	Unhealthy
1) Taking bath daily		
2) Eating street food		
3) Take proper rest and sleep		
4) Drinking plenty of water		
5) Not using hanky while sneezing	