



SHREE VASISHTHA VIDHYALAYA

EVS Worksheet 2026-27

Name: _____

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

Q-2 Unscramble the words.

- | | |
|----------------------|----------------------|
| 1) D I W N = _____ | 5) E L A C N = _____ |
| 2) M L S E A = _____ | 6) E I D T = _____ |
| 3) N J K U = _____ | 7) R A T W E = _____ |
| 4) R A I = _____ | 8) I L D A Y = _____ |

Q-3 Answer in one word.

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

Q-4 Give two examples of

- 1) Surface water _____ , _____
- 2) Use of air _____ , _____
- 3) Form of exercises. _____ , _____
- 4) Underground water. _____ , _____
- 5) Use of water. _____ , _____

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	☐	☐