

## CBSE Class 1 EVS Worksheet

1. Choose the correct option: \_\_\_\_\_ should be done regularly.  
A) washing  
B) medical check-up  
C) jumping  
D) dancing
2. Choose the correct option: Sleep gives us good \_\_\_\_\_.  
A) food  
B) roof  
C) rest  
D) money
3. State True or False: We should use dirty towel after bathing.  
A) true  
B) false
4. What is the most important thing to do early morning?
5. What should we do if wax gets collected in the ear?
6. Why should nails be cut regularly?
7. State True or False: We should watch TV from close.  
A) true  
B) false
8. Why is recreation necessary?
9. Choose the correct option: Wax collected in the ear is removed by \_\_\_\_\_.  
A) carpenter  
B) doctor  
C) cobbler  
D) tailor

10. State True or False: Walking is a good exercise.
- A) true
  - B) false
11. Choose the correct option: Protection of \_\_\_\_\_ from infection is must.
- A) plants
  - B) home
  - C) building
  - D) skin
12. What should be performed regularly?
13. What are the good habits to clean nose?
14. What are good sleeping habits?
15. State True or False: We should not eat burger and pizza everyday.
- A) true
  - B) false
16. Choose the correct option: We must keep our ear \_\_\_\_\_.
- A) dirty
  - B) unhealthy
  - C) clean
  - D) bad
17. State True or False: Recreation does not refresh our mind.
- A) true
  - B) false
18. Why should we wear clean clothes?
19. State True or False: We should take bath everyday.
- A) true
  - B) false

20. State True or False: We should exercise daily.

A) true

B) false

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### Answers

1. Option B
2. Option C
3. Option B
4. The most important task to do early morning is exercise.
5. If wax gets collected inside the ear, we should visit doctor to get it clean immediately.
6. Nails should be cut regularly so that the dirt does not collected under the nails and skin.
7. Option B
8. Recreation refreshes our body and mind.
9. Option B
10. Option A
11. Option D
12. Medical check-ups should be performed regularly.
13. Clean nose by blowing it, do not put fingers into it. Use clean handkerchief to clean the nose.
14. Going to bed early, and getting up early, is good for our body.
15. Option A
16. Option C
17. Option B
18. We should wear clean clothes to get rid of dirt and germs.
19. Option A
20. Option A