



## CLASS NOTES-ANSWERS

I) Choose words from the box below to form pairs.

- 1) green:vegetables
- 2) fresh:fruits
- 3) breakfast:morning
- 4) lunch:afternoon

II) II. Choose the correct answer and fill in the blanks.

- 1) Foods that keep us in good health: fresh fruits
- 2) Foods that help us grow: milk and curd
- 3) Foods that give us energy to work and play: roti and breads
- 4) Foods that can help in keeping our body warm: nuts

III) Study the pictures and answer the questions that follow.



1) Are Riya and Anna eating the same food items?

**Answer:** Riya and Anna are eating different food items.

2) Who will be healthier, Riya or Anna? Say why.

**Answer:** Riya will be healthier because she is eating healthy food whereas Anna is eating unhealthy foods.



IV) Choose words from the box to find answers to the clues.

1) We keep your hands warm when it is cold.

mitten

2) I protect your ears and neck from cold wind.

muffler

3) You see me when you go out in the rain.

umbrella

4) You wear me when it is cold.

sweater

5) You wear me when it is hot.

shorts

V) Think It Over! (HOTS)

Your parents usually wash the clothes you wear when it is hot every day.

Do they also wash the sweater or cap you wear when it is cold every day?

Say why.

**Answer:** No, our parents do not wash sweaters or caps every day. When it is hot, we sweat a lot and our clothes can attract germs and dust. This makes the clothes dirty and we need to wash them every day.

