



RAMAGYA SCHOOL, NOIDA

Class –I/EVS/JUNE /2017-18

OLYMPIAD PRACTICE WORKSHEET

Syllabus: **This is me** and **Health is Wealth**

Concept Based Questions

1. Fill in the blanks about yourself.

a) My name is _____.

b) I am a _____ (Girl/ Boy).

c) My father's name is _____.

d) My mother's name is _____.

e) My address is

_____.

f) My phone number is _____.

g) I study is in class _____ section _____.

h) The name of school is _____.

i) The name of my class teacher is _____.

2. Fill in your details.

a) Height _____ cms.

b) Weight _____ Kgs.

Understanding Based Questions

3. Write "good" for good habit and "bad" for bad habit.

(a) I get up early in the morning.

(b) I chew my food properly.

- (c) I do not put my toys back after playing.
- (d) I tease my younger brother.
- (e) I finish my homework and then go to play.
- (f) I pluck flowers in the garden.
- (g) I trim my nails regularly.
- (h) I wash my hands before eating anything.

4. We must take bath _____.

- (a) Never Monthly.
- (b) Daily
- (c) Weekly
- (d)

5. A good sleep of about 4 hours gives rest to our body.

- (a) True
- (b) False

6. Which of the following food item is not good for health?

- a) Milk
- b) Fruits
- c) Burger and Cold drink
- d) All of these.



7. Which of the following food item is a junk food?

- a) Cold Drink
- b) Milk
- c) Pizza
- d) Both a and c.



8. Which of the following thing helps you to keep clean and healthy?

- a) Pencil
- b) Comb
- c) Football
- d) All of these.



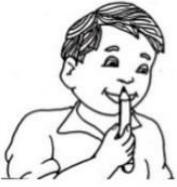
9. What is the proper way of caring your nose?

a) Use sharp object to clean the nose.

b) Blowing the nose hard.

c) Clean the nose using a clean cloth

d) None of these.



10. One of the following item should not be used for cleaning the ears?

a) Ear bud

b) A clean soft towel

c) Pencil

d) None of these.



11. To keep all doctor and diseases away, eat vegetables and fruits every day.

a) True

b) false

Application Based Questions

12. Write the name of the following products that you use to keep yourselves clean.

a) Tooth paste



b) Soap



c) Hair Oil

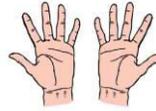


13. Match the objects you use to keep yourself clean.

a) Soap



b) Comb



c) Tooth brush



HOTS Based Questions

14. Select one of the following activity which doesn't keep us fit.

- (a) Exercise (b) Swimming (c) Watching Television
(d) Cycling

15. Which of the following activity can save water and protect our planet?

- (a) Not taking bath daily
(b) Washing hands only after meals.
(c) Do not leaving tap running while brushing teeth.
(d) By drinking fizzy drinks instead of water.