



RAMAGYA SCHOOL, NOIDA
OLYMPIAD PRACTICE WORKSHEET
Class –I/EVS/AUGUST (2018-19)

1. Which of the following is a non-vegetarian food?
a. Milk b. bread c. meat d. apple
2. Which of the following is a healthy food?
a. Bread b. Pizza c. Rice d. noodles
3. cow gives us _____
a. wool b. silk c. honey d. milk
4. _____ is a junk food. It is not important for good health.
a. rice b. noodles c. milk d. wheat
5. Fresh food is good for our _____.
a. Health b. wealth c. heart d. brain
6. _____ food makes us strong.
a. Body building b. protective c. unhealthy d. harmful
7. _____ is a energy giving food.
a. Lemon b. potato c. meat d. carrot
8. We should drink _____ water.
a. less of b. plenty of c. no d. none of these
9. We should eat _____ food.
a. Unhealthy b. healthy c. raw d. cooked
10. The last meal of the day is called _____.

a. Breakfast b. lunch c. dinner d. none of these

11. A family with parents and children is an example of-----

a. Joint family b. nuclear family c. both a and b d. none of these

12. Which type of family consists of two parents and their children who live in a household together?

a. nuclear family b. Joint family C. big joint family d. none of these

13. A extended family may include all of the following members EXCEPT:

a. neighbours b. cousins c. grand-parents d. aunts

14. Families provide emotional support for their members.

a. True b. False c. none of these

15. A family with grandparents , parents and children make a _____.

a. joint family b. nuclear family c. both(a)&(b) d. none of these

16. Our family is also called as _____

a. our first school b. our last school c. both a & b d. none of these

17. My uncle's son is my _____

a. brother b. cousin c. grandfather d. uncle

18. My mother's mother is my _____

a. aunt b. daughter c. grandmother d. none of these

19. I help my mother in _____

a. fighting b. arguing c. making my bed d. none of these

20. We learn from our family _____

a. good manners b. customs c. both a & b d. none of these