My Body – Worksheet 1 – Set A

CBSE Class 1 EVS

Name: _____ **Date:** _____ **Class:** 1

A. Choose the correct answer. Tick (✓) the right option.

1. We see with our _____. (a) ears (b) eyes (c) nose
2. We have _____ hands. (a) 1 (b) 2 (c) 3
3. We smell with our _____. (a) nose (b) tongue (c) feet
4. Which part helps us to walk? (a) hands (b) head (c) legs
5. We eat food with our _____. (a) mouth (b) ears (c) eyes

B. Fill in the blanks using the words from the box.

ears | hands | teeth | legs | head

1. We hear with our _____.
2. We clap with our _____.
3. We bite food with our _____.
4. We walk with our _____.
5. Our brain is inside our _____.

C. Write True or False.

1. We have two eyes. _____
2. We smell with our ears. _____
3. Hands help us to write. _____
4. We have four legs. _____
5. We taste with our tongue. _____

D. Match the following. Draw a line from Column A to Column B. (Write the letter.)

Column A	Column B
1. Eye	a. hears
2. Ear	b. sees
3. Nose	c. hold things
4. Tongue	d. smells
5. Hands	e. tastes

✓ Answer Key – Set A

For teachers and parents: check the answers and help your child correct mistakes.

A. MCQs: 1-b (eyes), 2-b (2), 3-a (nose), 4-c (legs), 5-a (mouth)

B. Fill in the blanks: 1-ears, 2-hands, 3-teeth, 4-legs, 5-head

C. True or False: 1-True, 2-False, 3-True, 4-False, 5-True

D. Match the following: 1 → b (Eye – sees); 2 → a (Ear – hears); 3 → d (Nose – smells); 4 → e (Tongue – tastes); 5 → c (Hands – hold things)

My Body – Worksheet 1 – Set B

CBSE Class 1 EVS

Name: _____ **Date:** _____ **Class:** 1

A. Choose the correct answer. Tick (✓) the right option.

1. We taste food with our _____. (a) tongue (b) eyes (c) hair
2. We have _____ nose. (a) 1 (b) 2 (c) 3
3. We wear shoes on our _____. (a) hands (b) feet (c) ears
4. Which part do we use to clap? (a) legs (b) hands (c) nose
5. Our teeth help us to _____. (a) chew (b) hear (c) smell

B. Fill in the blanks using the words from the box.

eyes | nose | feet | fingers | tongue

1. We see a rainbow with our _____.
2. We smell flowers with our _____.
3. We have five _____ on each hand.
4. We wear socks on our _____.
5. We lick ice cream with our _____.

C. Write True or False.

1. We have one mouth. _____
2. We hear with our eyes. _____
3. Legs help us to run. _____
4. We have ten fingers in all. _____
5. Our nose helps us to see. _____

D. Match the following. Draw a line from Column A to Column B. (Write the letter.)

Column A	Column B
1. Teeth	a. feels touch
2. Feet	b. joins head and body
3. Skin	c. chew food
4. Knees	d. bend our legs
5. Neck	e. stand on the ground

✓ Answer Key – Set B

For teachers and parents: check the answers and help your child correct mistakes.

A. MCQs: 1-a (tongue), 2-a (1), 3-b (feet), 4-b (hands), 5-a (chew)

B. Fill in the blanks: 1-eyes, 2-nose, 3-fingers, 4-feet, 5-tongue

C. True or False: 1-True, 2-False, 3-True, 4-True, 5-False

D. Match the following: 1 → c (Teeth – chew food); 2 → e (Feet – stand on the ground); 3 → a (Skin – feels touch); 4 → d (Knees – bend our legs); 5 → b (Neck – joins head and body)

My Body – Worksheet 1 – Set C

CBSE Class 1 EVS

Name: _____ **Date:** _____ **Class:** 1

A. Choose the correct answer. Tick (✓) the right option.

1. We feel hot and cold with our _____. (a) skin (b) hair (c) nails
2. We have _____ ears. (a) 1 (b) 2 (c) 4
3. Which part is on top of our body? (a) feet (b) knees (c) head
4. We brush our _____ every day. (a) teeth (b) eyes (c) ears
5. We use our _____ to jump. (a) eyes (b) legs (c) nose

B. Fill in the blanks using the words from the box.

skin | hair | nails | face | arms

1. Our _____ covers our whole body.
2. We comb our _____ every day.
3. We cut our _____ when they grow long.
4. We wash our _____ every morning.
5. Our hands are joined to our _____.

C. Write True or False.

1. Skin covers our body. _____
2. We have three hands. _____
3. We should brush our teeth twice a day. _____
4. We use our nose to taste. _____
5. We can run with our legs. _____

D. Match the following. Draw a line from Column A to Column B. (Write the letter.)

Column A	Column B
1. Teeth	a. cut when long
2. Hair	b. wash before eating
3. Nails	c. brush twice a day
4. Face	d. comb neatly
5. Hands	e. wash in the morning

✓ Answer Key – Set C

For teachers and parents: check the answers and help your child correct mistakes.

A. MCQs: 1-a (skin), 2-b (2), 3-c (head), 4-a (teeth), 5-b (legs)

B. Fill in the blanks: 1-skin, 2-hair, 3-nails, 4-face, 5-arms

C. True or False: 1-True, 2-False, 3-True, 4-False, 5-True

D. Match the following: 1 → c (Teeth – brush twice a day); 2 → d (Hair – comb neatly); 3 → a (Nails – cut when long); 4 → e (Face – wash in the morning); 5 → b (Hands – wash before eating)