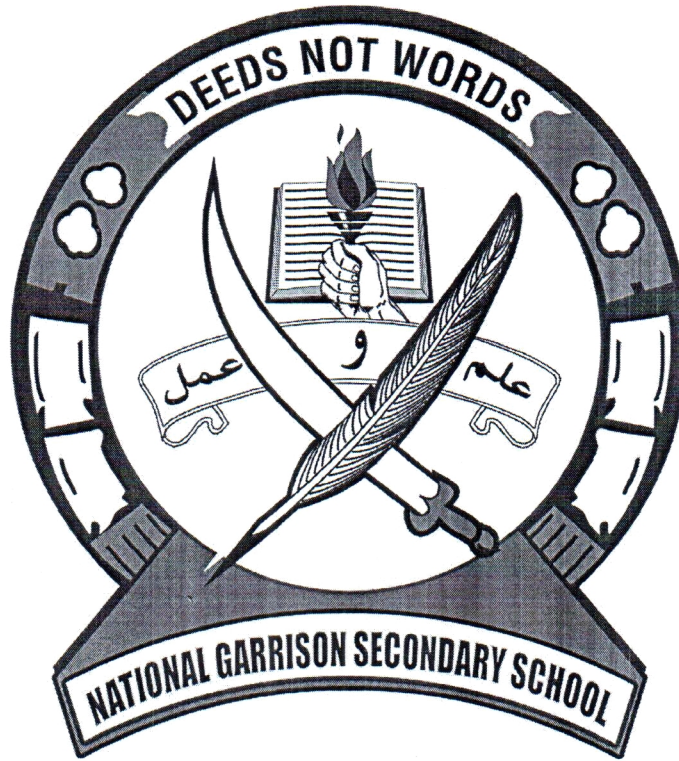


NATIONAL GARRISON SECONDARY SCHOOL



Class: One

Subject: Science

Satellite Town Campus

3/A, Satellite Town, Adda Gulberg Road,
Rahim Yar Khan.
068-5875725, 068-5885525, 068-5877525

Tooba Campus

191/A Block-X, Scheme No. 2,
Gulshan-e-Iqbal, Rahim Yar Khan.
068-5901066, 068-5901077

Qasim Campus

Behind Rehmat Market,
Gulshan Abad Colony, Kot Samaba.
068-5000761, 068-5566725

①

Unit #1

The Human Body

Words

Body

Energy

Alive

Grow

Meanings

جسم
قوانائی

زندہ رہنا

بڑھنا

Questions/Answers

Q:1 Write any five parts of your body?

Ans Eyes Ear Leg Nose Hand

Q:2 Which food do you like?

Ans I like apple and mango.

Pg #6 Exercise

1. Choose the correct answer.

i) Which part of the body do

②

you use to hold a pencil,

- a. ☒ fingers c. nails
b. toes d. elbows

ii, What does a kitten grow into,

- a. boy b. girl
c. dog d. ☒ cat

iii, How many thumbs do humans have,

- a. 1 b. ☒ 2
c. 3 d. 4

iv, Which of these is a living thing,

- a. bicycle b. hat
c. ☒ crow d. pencil

v, Which of the following is not part of the human body,

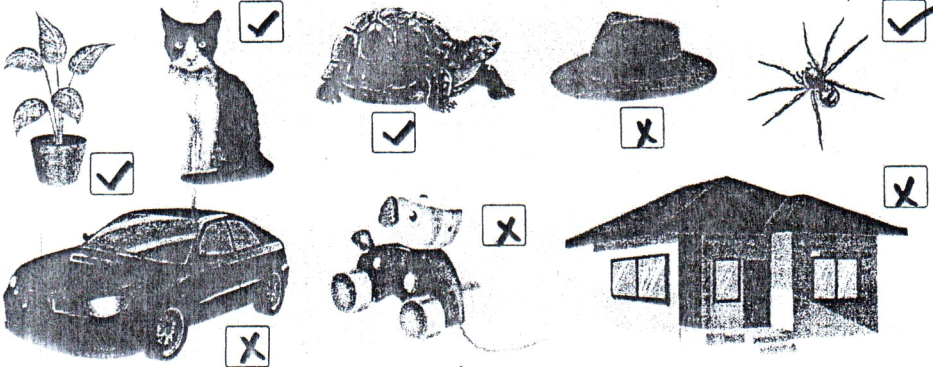
- a. head b. neck
c. ☒ tail d. back

(3)

2. Mark these Sentences with ✓ or X

- i) All human beings begin life as babies ✓
- ii) All living things need air. ✓
- iii) All children look the same. X
- iv) Plants do not need food to grow. X
- v) Human beings, plants, and animals grow. ✓

3. ^(✓) Tick the living things, cross (X) the non living things.



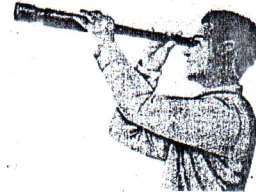
4. Look at the pictures below. Circle the part of the body that is being used for each action.



ears / hands



eyes / ears



eyes / ears



mouth / nose



nose / knees



head / legs



ears / mouth

Unit # 02

The Senses

Words

Meanings

Senses

حواس

Touch

چھونا

Sound

آواز

People

لوگ

5

Questions / Answers

Q:1 How many senses are there,

Ans There are five senses.

Q:2 Which part of body do you use for smell,

Ans I smell with nose.

Concept Check:- Write the part of body which is used of the five senses below.

nose ears eyes tongue skin

taste tongue touch skin

Smell nose sight eyes.

hearing ears

Exercise : Choose the correct answer.

i) Which of these is not a way of moving,

a. ☒ Sleeping

b. hopping

c. Skipping

d. running

(6)

ii) Which of these is not one of the five senses,

- a. sight b. ☒ breathing
c. taste d. hearing

iii) Which of the senses do you use while eating,

- a. eyes b. lips
c. ☒ tongue d. teeth

iv) Which of the following you might do if your body was tired,

- a. sneeze b. cough
c. jump d. ☒ yawn

2. What can you see in your classroom.

Write the name of any three things you can see.

- i) Fan
ii) Table
iii) Chair

⑦

3. Your senses can save you from getting hurt. Which of your senses will warn you about these.

- | | |
|------------------------|---------|
| i) fire | smell |
| ii) hot water | touch |
| iii) a bus on the road | sight |
| iv) stinging bees | hearing |

4. Write below, your favourite

i) food to taste

cake

ii) thing to touch

table

iii) thing to smell

rose

iv) sound to hear

music

v) thing to see

stars

5. Do all people have all senses?

Find out what these people called.

i a person who cannot see

blind

ii a person who cannot speak

mute

iii a person who cannot hear

deaf

6. Complete the sentences using words in the boxes.

hear taste smell see feel

i, I can see the stars.

ii, I can hear the teacher speaking.

iii, I feel hot in sunlight.

iv, I can taste ice cream.

v, I can smell the flowers.

9

7.- Which sense do you think is the most important; Tell your teacher. say why.

8. Movement words search.

Find these words.

8. Movement word search. Find these words.

chew move nod eat run
push pull walk kick jump

M	P	D	C	H	E	W	T	Q
O	L	P	F	O	B	R	Y	K
V	I	U	M	P	K	I	U	I
E	G	S	B	V	J	R	I	C
X	Z	H	G	H	K	T	L	K
F	U	B	R	U	N	Y	E	G
P	U	L	L	F	N	U	A	I
V	I	M	S	D	O	I	T	T
R	W	A	L	K	D	E	K	M

[illegible]

10

Unit #3

Healthy Habits

Words	Meanings
Exercise	ورزش
Food	خوراک
Health	صحت
Care	حفاظت

Questions / Answers

Q:1 What is another way to keep healthy?

Ans Having good habits.

Q:2 What makes us strong and healthy?

Ans We eat fresh food.

Q:3 What does food give us?

Ans Energy to work, think and play.

1. Choose Correct answer.

i) Which of these foods is from animal?

- a. carrot b. lettuce
c. ☒ egg d. mushroom

ii) Which of these is NOT a way of keeping your body clean?

- a. brushing your teeth b. washing your face
c. ☒ eating your dinner d. having a bath

iii) Which of the following can cause illness?

- a. eating lots of unhealthy food.
b. drinking dirty water.
c. eating without washing your hands.
d. ☒ all of the above.

iv) Which of the following is good for your health.

- a. fresh air.
b. exercise
c. rest
d. ☒ all of the above.

(12)

v. Which of the following protects us from getting a disease,

a. Staying indoors

b. ✓ eating healthy food and staying clean

c. avoiding vaccination

d. not taking a bath

2. Unjumbled the letters and use them to fill in the blanks.

i) Food is like fuel. Food give our bodies energy (eegnry)

ii) Fresh food makes us strong and healthy. (eFhrs)

iii) We should exercise every day to stay healthy. (ceee1rsx)

3. Cross X the things you should not do.

i) Wash your hands before meal ✓

ii) Spit on the floor. X

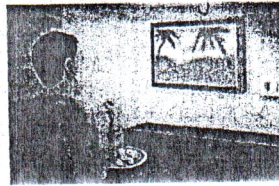
- iii, Go to bed late. X
- iv, Have a bath every day. ✓
- v, Have long nails. X
- vi, Brush your teeth every day. ✓

4. What do you think would happen if you do not eat any food?

Ans We will be starve.

5. Look at the pictures below and identify all the unhealthy habits of the children.

Dirty Clothes



Eating unhealthy food



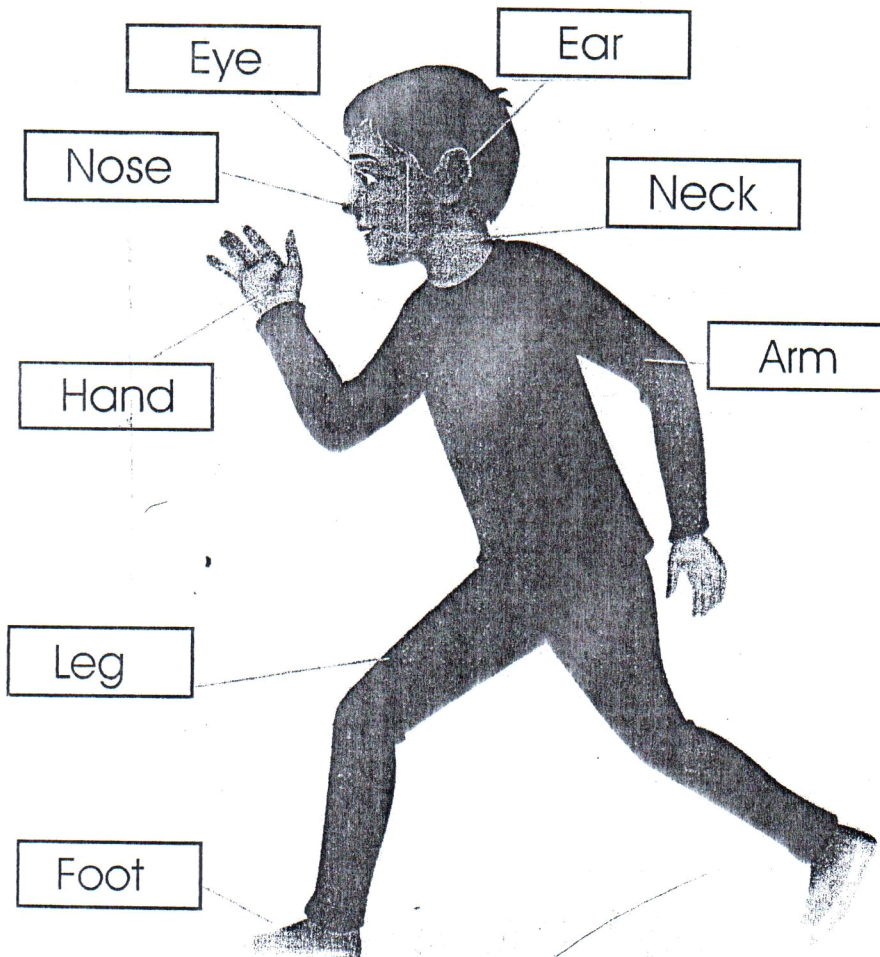
Files

Eating sweets

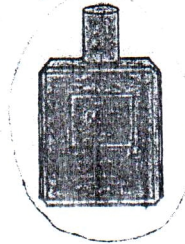
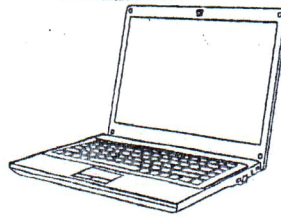
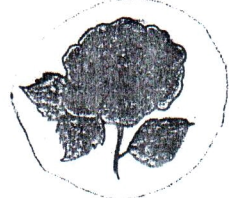
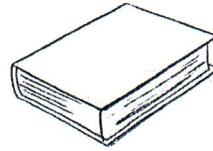
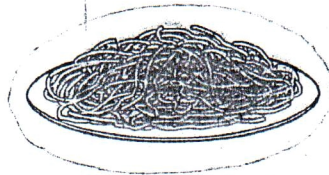


Fun pages

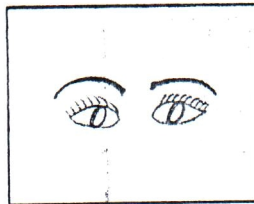
1. Label the diagram below with the names of the body parts.



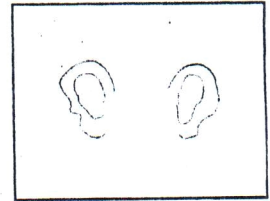
2. Colour the pictures. Draw a circle around the things which you can smell.



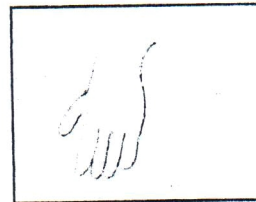
3. Draw the body part we use for each of the following senses:



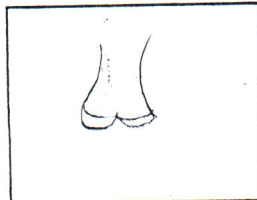
seeing



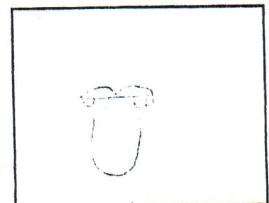
hearing



touching



smelling



tasting

(16)

Unit # 4

PLANTS

Words	Meanings
Plants	پودے
Water	پانی
Leaves	پتے
Air	ہوا

Questions / Answers

Q:1 How many parts a plant has?

Ans A Plant has four parts.

Q:2 Write the parts of Plant?

Ans Fruits Leaf Stem Roots

Concept Check

Use the jumbled letters at the end of each sentence to fill in the blanks.

(17)

1. Plants are living things (qulnv)
2. Plants are of many different shapes and sizes (Szie)

Parts of a Plant

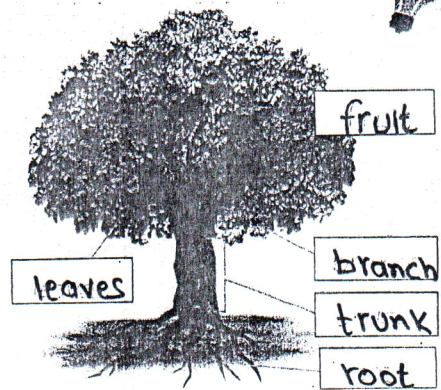
root

trunk

branch

fruit

leaves



Write the correct numbers next to the names of these plant parts.

Flower 8 roots 5 stem 2

leaf 1 fruit 7 seeds 6

trunk 3 branch 4

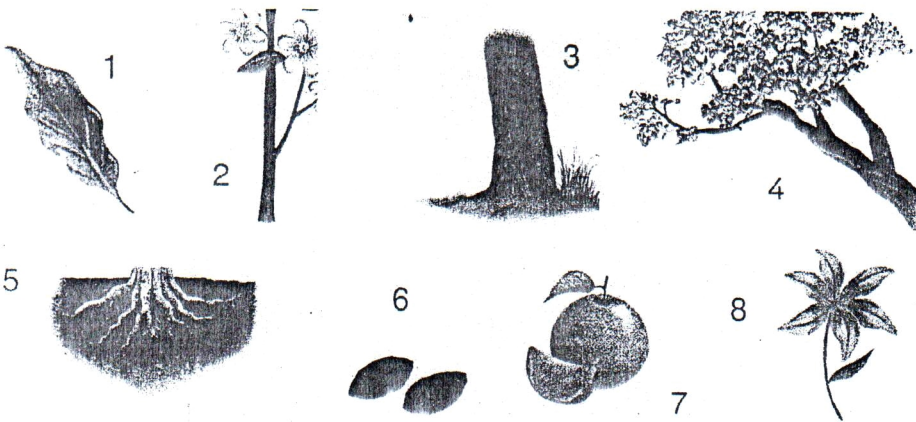
(18)

fruit 7

seeds 6

trunk 3

branch 4



Exercise

1. Choose the correct answer

i) Which of these is not a part of a plant,

- a. flower b. leaf
c. ☒ soil d. root

ii) What is the name for a plant that grows along the ground,

- a. ☒ creeper b. peeper
c. climber d. cactus

(19)

iii) What is the name for a plant that can grow up a wall?

- a. creeper b. peeper
c. ✓ climber d. cactus

iv) Which of these is not a fruit?

- a. mango b. banana
c. ✓ potato d. papaya

v) Which of these vegetables is the leaf of a plant?

- a. ✓ spinach b. carrot
c. pepper d. potato

2. What does a plant need to grow well?

i) Air

ii) Water

iii) Sunlight

iv) Good soil.

(28)

3. List the following things in the table below

i. tree ii. girl iii. fingernail
iv. mat v. stone vi. kitten
vii. log viii. cloud ix. shoe
x. hair xi. hill xii. teeth.

These grow	These don't grow	I don't know
tree	hill	"
girl	mat	"
kitten	stone	"
fingernail	shoe	"
hair	log	"
teeth	cloud	"

4. Mark these sentences with V or X

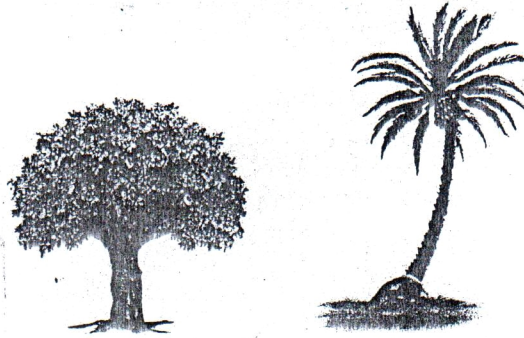
i) All plants grow to same size (X)

ii) Only some plants die (✓)

(21)

- iii) Plants are living things. (✓)
iv) Plants only need water to grow. (X)
v) Trees can provide shade. (✓)

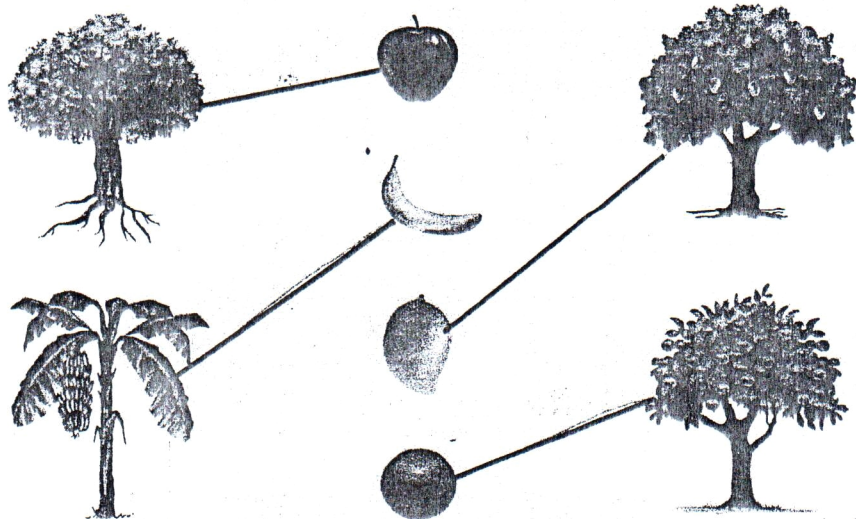
5. Look at the picture. Talk about the differences between these two trees.



6. What will happen if you plant a seed, keep it in a dark corner, and do not water it?

Seed will not grow

7. Can you match the fruits to the trees below?



8. Circle the odd one in each list.

i) banana, apple, rose, papaya, pear

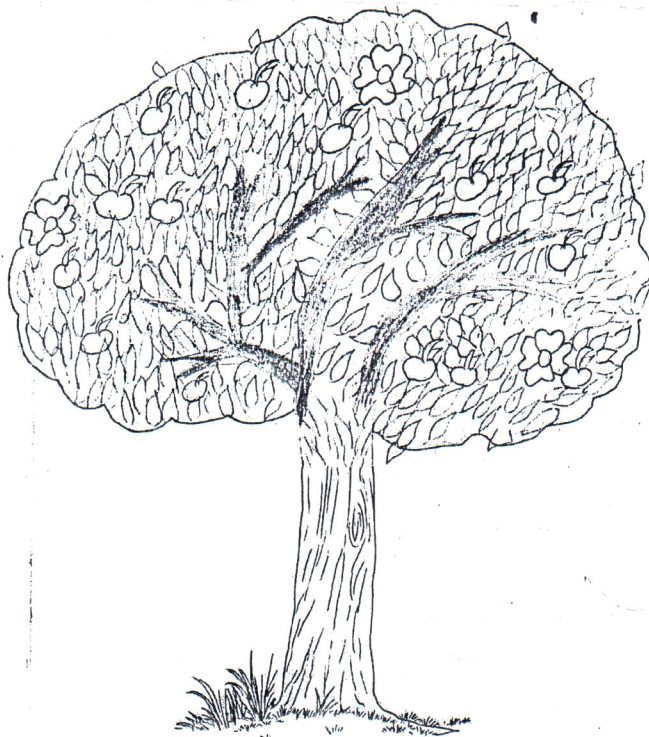
ii) grass, Jasmine, well, cactus, bush

iii) live, die, grow, sing

9. Tell your teacher in your own words

What is difference between living or nonliving?

10. Draw branches, leaves, and fruits or flowers on this tree.



[illegible]