

Food, Clothes and Shelter

Science · Class 1 · Topic-wise Practice Worksheet

TIME 30 minutes	QUESTIONS 15	TOTAL MARKS 18	MAX. SCORE ___ / 18
--------------------	-----------------	-------------------	------------------------

Name: _____ Class/Sec: _____ Date: _____

INSTRUCTIONS

- There are **15 questions**. Answer all of them.
- Each question has four choices — (A), (B), (C) and (D). Only **one** is correct.
- Questions 1–12 carry **1 mark** each. Questions 13–15 carry **2 marks** each.
- There is no negative marking. Look at every picture carefully.

Section A — The Food We Eat

Q1–Q8 · 1 mark each

1. Which of these is a **fruit**?

- | | |
|-------------|------------|
| (A) Banana | (B) Potato |
| (C) Cabbage | (D) Rice |

2. Milk comes from _____.

- | | |
|------------|------------|
| (A) Plants | (B) A cow |
| (C) Trees | (D) Stones |

3. Which of these is a healthy food?

- | | |
|-----------------|----------------|
| (A) Fried chips | (B) Toffees |
| (C) Fresh fruit | (D) Cold drink |

4. We should drink plenty of _____ every day.

- | | |
|----------------|-----------|
| (A) Juice only | (B) Ink |
| (C) Oil | (D) Water |

5. Which of these clothes do we wear in **winter**?

- | | |
|-----------------------|--------------------|
| (A) A woollen sweater | (B) A cotton frock |
| (C) A vest | (D) A raincoat |

6. Which of these clothes do we wear in **summer**?

- | | |
|--------------------|--------------------------|
| (A) A woollen cap | (B) Light cotton clothes |
| (C) A thick jacket | (D) A muffler |

7. We wear a raincoat and carry an umbrella in the _____ season.

- | | |
|------------|------------|
| (A) Summer | (B) Winter |
| (C) Rainy | (D) Spring |

8. The place where we live with our family is called our _____.

- (A) Park
- (B) School
- (C) Market
- (D) Home

Section B — Homes and Clothes

Q9–Q12 · 1 mark each

9. Which of these gives us **shelter**?

- (A) A house
- (B) A spoon
- (C) A pen
- (D) A shoe

10. A tent is a home used by _____.

- (A) Fish
- (B) People who move from place to place
- (C) Birds only
- (D) Nobody

11. Cotton clothes are made from a _____.

- (A) Metal
- (B) Stone
- (C) Plant
- (D) Bird

12. Which food gives us energy to run and play?

- (A) Ice
- (B) Water
- (C) Salt
- (D) Chapati and rice

Achievers Section

Q13–Q15 · 2 marks each

13. Why do people who live in very cold, snowy places wear thick fur clothes?

- (A) Because thick fur keeps the body warm
- (B) Because fur looks pretty
- (C) Because fur is easy to wash
- (D) Because it is light to carry

14. Which of these correctly matches a food with where it comes from?

- (A) Egg — from a plant
- (B) Honey — from bees
- (C) Rice — from a cow
- (D) Wool — from a tree

15. Houses in places with very heavy rain often have **sloping** roofs. Why?

- (A) So that birds can sit on them
- (B) So that they look tall
- (C) So that rain water slides off quickly
- (D) So that they stay warm

Answer Key

1	A	2	B	3	C	4	D	5	A
6	B	7	C	8	D	9	A	10	B
11	C	12	D	13	A	14	B	15	C

Solutions

1. Answer: (A) Banana

A **banana** is a fruit. A potato is a stem we eat, a cabbage is a leaf and rice is a grain.

2. Answer: (B) A cow

We get milk from animals such as **a cow**, a buffalo and a goat.

3. Answer: (C) Fresh fruit

Fresh fruit gives our body vitamins and keeps us healthy. Toffees, chips and cold drinks should be eaten only once in a while.

4. Answer: (D) Water

Our body needs plenty of clean **water** every day to stay healthy.

5. Answer: (A) A woollen sweater

A **woollen sweater** traps warm air close to the body and keeps us warm in the cold.

6. Answer: (B) Light cotton clothes

Light cotton clothes are thin and let air pass through, which keeps us cool in hot weather.

7. Answer: (C) Rainy

In the **rainy** season a raincoat and umbrella keep us dry.

8. Answer: (D) Home

Our **home** is where we live with our family. It keeps us safe from heat, cold, rain and danger.

9. Answer: (A) A house

A **house** is a shelter. It has walls and a roof that protect us from sun, rain and cold.

10. Answer: (B) People who move from place to place

A tent is light and easy to put up and take down, so it suits **people who move from place to place**, such as campers and shepherds.

11. Answer: (C) Plant

Cotton comes from the soft white fluff of the cotton **plant**. It is spun into thread and woven into cloth.

12. Answer: (D) Chapati and rice

Chapati and rice are energy-giving foods. They give our body the strength to work and play.

13. Answer: (A) Because thick fur keeps the body warm

In very cold places the body loses heat quickly. **Thick fur keeps the body warm** by trapping a layer of warm air next to the skin.

14. Answer: (B) Honey — from bees

Bees collect nectar from flowers and turn it into **honey**. Eggs come from hens, rice from a plant and wool from sheep — so the other three are wrong.

15. Answer: (C) So that rain water slides off quickly

A sloping roof does not let water collect on top. The **rain water slides off quickly**, so the roof does not become heavy and leak.