

D.A.V. Public School, Sasaram

1st worksheet of Science 2020-21

Class- I

Name: _____

Sec: _____

Answer the following question:

1. When should we sleep and get up?

2. What gives us energy?

3. What makes our body strong?

4. How many hours should we sleep?

5. Where should we play?

6. What is must to stay fit and healthy?

7. Is resting good for our body?

8. What gives rest to the body?

9. Name three exercises.

10. What type of food should we eat?

