

# SCIENCE WORKBOOK

**KG**

For the preparation of National  
& International Olympiads



- Chapter-wise practice exercises
- Previous year paper

**CREST Science Olympiad (CSO)**

# Science Olympiad

## Exams Preparation Book

**Grade KG**



#CRESTInnovator

**[www.crestolympiads.com](http://www.crestolympiads.com)**

## CREST Science Olympiad Workbook for Grade KG

Fifth Edition

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**Disclaimer:** The information in the Workbook is to give you the path to success but it does not guarantee 100% success as the strategy is completely dependent on its execution. And it is based on previous year papers of CSO exam.

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# Preface

We are pleased to launch a thoroughly revised edition of this workbook. We welcome feedback from students, teachers, educators and parents. For improvements in the next edition, please send your suggestions at [info@crestolympiads.com](mailto:info@crestolympiads.com). Our team will make an effort to work on those suggestions.

CREST Olympiads is one of the largest Olympiad Exams with students from more than 60 countries. The objective of these exams is to build a competitive spirit while evaluating students on conceptual understanding of the concepts.

We strive to provide a superior learning experience, and this workbook is designed to complement the school studies and prepare the students for various competitive exams including the CREST Olympiads. This workbook provides a crisp summary of the topics followed by the practice questions. These questions encourage the students to think analytically, to be creative and to come up with solutions of their own. There is a previous year's paper given at the end of this workbook for the students to attempt after completing the syllabus. This paper should be attempted in 45 minutes to get an assessment of the student's preparation for the final exam.

*Publishers*

## Chapter

## 1

# Myself, My Clothes and My Food

## Myself

When meeting someone, we must introduce ourselves.

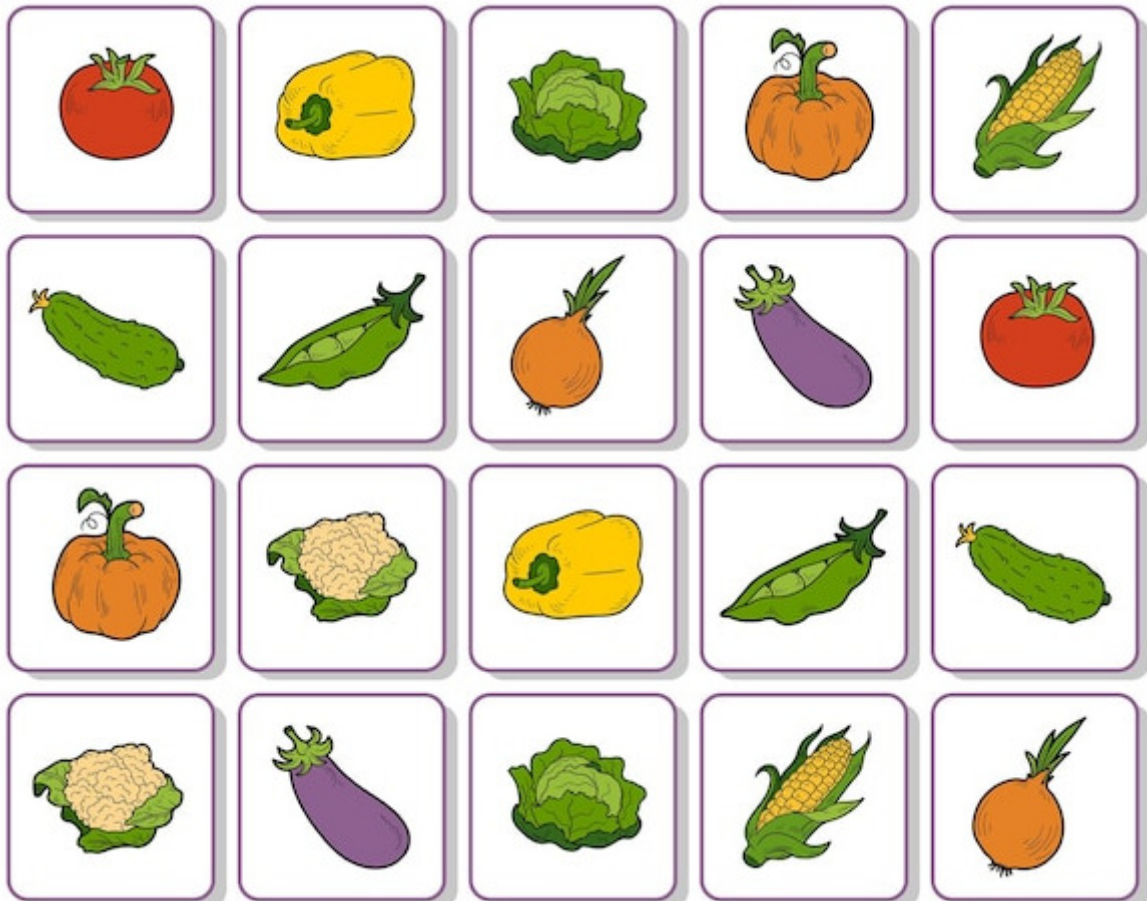
Look at the following example:

- Hi, I am Kathy. I am 4 years old, and I am a girl.
- Or
- Hello, I am James. I am 4 years old, and I am a boy.

If you like something, you can express it by saying “I like \_\_\_\_\_”.

Example: I like watermelon.

Look at the following objects and tick the ones that you like.



## Food

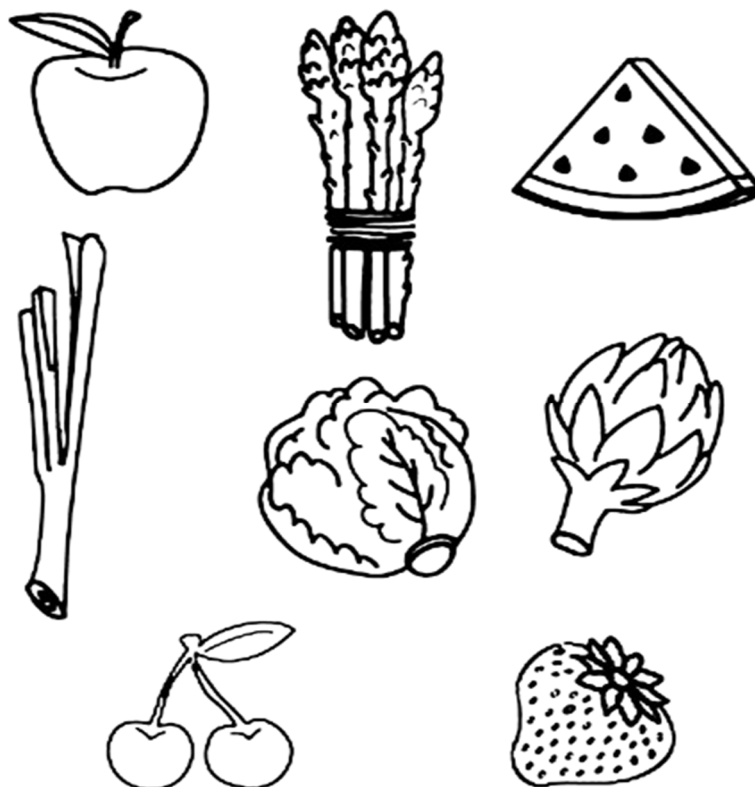
A healthy meal consists of various food items like grains, vegetables, fruits, fats and oils, dairy products and meat.

We should eat healthy food.



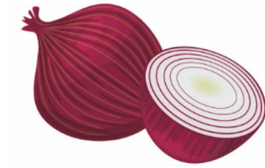
## Activity

Colour the fruits and the vegetables green.



## Activity

Match the vegetables to their slices by drawing lines.



Onion



Brinjal Slices



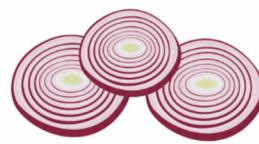
Tomato



Carrot Slices



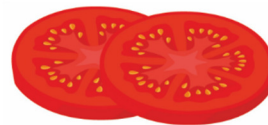
Brinjal



Onion Rings



Carrot



Tomato Slices

## Clothes

- We wear different types of clothes at different times of the year.
- Clothes protect us from heat, cold, rain and dust.
- In summer, we wear short clothes and cotton clothes.



- In winter, we wear warm and woollen clothes to keep us warm.





- In the rainy season, we wear raincoats, boots and we carry an umbrella.



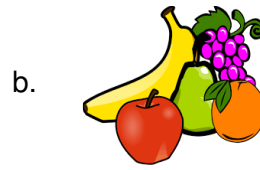
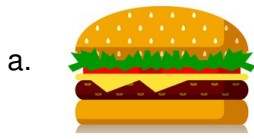
### Activity

Match the clothes to the weather.



## Practice Exercise

1. Identify the healthy food:



Identify the object stated in the following sentences:

2. John and Jill like watermelon.



3. I like bread.



4. I like to play with toys.



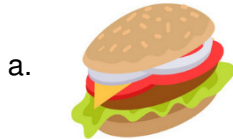
5. I like an apple.



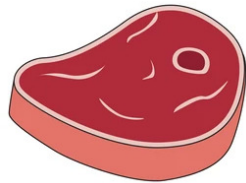
6. I like to play with a ball.



7. A healthy meal consists of \_\_\_\_.



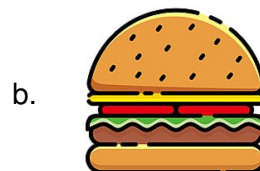
8. The following food item is obtained from \_\_\_\_.



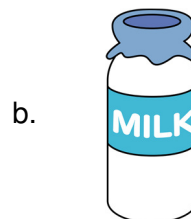
a. plants

b. animals

9. Identify the unhealthy food item:



10. Which among the following food item should not be taken daily?



11. Which among the following is a healthy food?



**12.** Identify the food item shown in the image.



a. Eggs

b. Meat

**13.** State True or False:

Clothes protect us from heat and cold.



a. True

b. False

**14.** Short clothes made out of cotton is worn during which season?



a. Summer

b. Winter

**15.** In winter, people prefer wearing \_\_\_\_\_ clothes.



a. cotton

b. woollen

**16.** Raincoats, boots, etc. are worn during which season?



a. Rainy

b. Spring



17. Identify the object that is used during the rainy season to keep ourselves from getting wet.



a. Raincoat

b. Umbrella

18. Identify the season during which the following clothes are worn?



a. Summer

b. Winter

19. Identify the food items obtained from plants:



20. Which among the following is not a vegetable?



## CREST International Spell Bee

(Summer)

Grades KG-8

(Winter)

Grades 1-8



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### Exam Highlights

- ☒ Online proctored Spell Bee exam
- ☒ Focus on evaluating spellings, meanings and pronunciation.
- ☒ Exam Pattern: MCQ type questions + Audio Round (Students need to hear the question & write the spelling of the word asked)
- ☒ Get to attempt 2 Free Practice Tests



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