

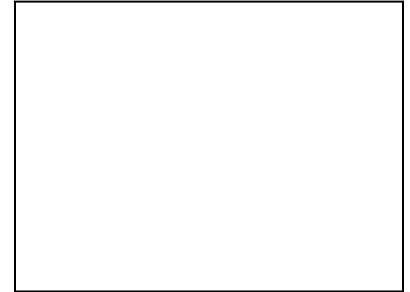
SUBJECT – E.V.S

CLASS – 1st

LESSON – 4

FOOD

Q.1 Draw or paste pictures of the following:-



**Your favourite
fruit**

**Your favourite
vegetable**

**Your favourite
food (dish)**

Q.2 Write the meaning of the following:-

Intevals – lunch hour, break

Chew – to bite food into small pieces in the mouth, untill your teeth, to make it easier to swallow.

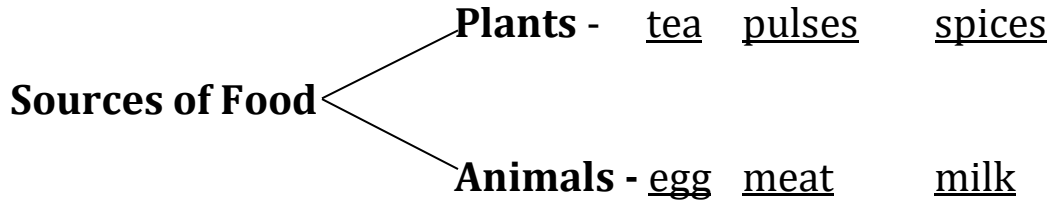
Filter – an object that is used for removing impurities / dirty things from water or any other liquid.

Q.3 Tick (√) the correct answer:-

- i. We should eat **healthy / junk** food.
- ii. **Juice / Egg** is a plant product.
- iii. We should drink 6 – 8 glasses of **milk / water** everyday.
- iv. **Breakfast / Lunch** is the morning meal.

Q.4 Fill in the empty boxes using the words given in the box below:-

Egg, tea, pulses, meat, milk, spices



Q.5 Fill in the blanks choosing the correct option:-

- i. Food eaten at a particular time is called a _____ . (**meal / lunch**)
- ii. Fruits and vegetables are obtained from _____. (**plants / animals**)
- iii. Fruits and vegetables are _____ food. (**healthy / junk**)
- iv. A healthy meal has all types of food in the _____ amount. (**large / right**)

Q.6 Answer the following questions:-

i. Why do we need food?

Ans: Food helps us to grow.

ii. Write two good eating habits?

Ans: a. Chew food properly.

b. Eat fresh and clean food.

iii. What time do you eat breakfast?

Ans: At 8'o clock.

iv. Name the three meals we eat in a day.

Ans: Breakfast, lunch and dinner.

Q.7 Which of the following food is not from plants or animals? Tick (✓) the correct answer.

Honey ()
)

Salt ()

Dry fruits ()

Activity Sheet - 2

Chapter - 3 & 4

P.no. - 36

1. In the blanks given below, fill in the special name that you use to address your relatives.

Relative	Special name
i. Mother's mother	- <u>Maternal grandmother (Nani)</u>
ii. Mother's father	- <u>Maternal grandfather (Nana)</u>
iii. Father's mother	- <u>Paternal grandmother (Dadi)</u>
iv. Father's father	- <u>Paternal grandfather (Dada)</u>
v. Mother's sister	- <u>Maternal aunt (Mosi)</u>
vi. Mother's brother	- <u>Maternal uncle (Mama)</u>
vii. Father's sister	- <u>Paternal aunt (Bua)</u>
viii. Father's brother	- <u>Paternal uncle (Chacha / Tau)</u>

2. Circle the healthy food items with green colour and junk food items with blue colour:-

Milk

Burger

Chocolate

Cucumber

Noodles

Rice

