

CLASS -1 (EVS)

CHAPTER -5

THE FOOD WE EAT

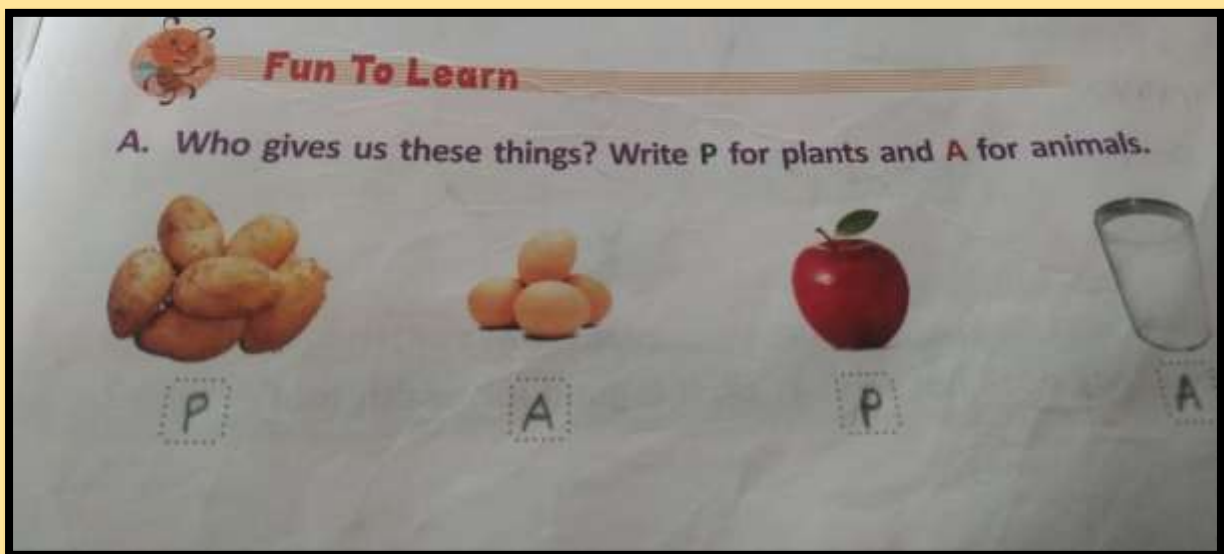
WORK TO DO IN COPY –

HARD WORDS-

1. Strong
2. Healthy
3. Vegetables
4. Pulses
5. Cereals
6. Fruit
7. Energy
8. Grow

FUN TO LEARN - (Pg. no. 141)

A. Who gives us these things ? Write p for plants and A for animals.



DO IN YOUR CLASSWORK COPY

B. Answer these questions .

1. Name some vegetables that we eat ?

Ans – Vegetables that we eat are potato , onion , brinjal and carrot .

2. What do we get from animals ?

Ans- We get milk , eggs , fish and meat from animals .

3. Name any two food items that gives energy ?

Ans – Wheat and sugar.

4. How many main meals do we eat in a day ?

Ans – We eat three main meals in a day .

1. Breakfast

2. Lunch

3. Dinner

5. What should we do before and after every meal ?

Ans – We should wash our hands before and after every meal.

ACTIVITY

1) Draw a flower and stick 5 types of pulses on the petals of the flower.

2) Paste 2 -2 food items that we get from plants and animals .

