



Worksheet 1



A. Write these words in the correct columns.

cauliflower pulses milk eggs apple
jaggery spinach rice butter

THEY GIVE US ENERGY	THEY HELP US TO GROW	THEY KEEP US HEALTHY
JAGGERY	BUTTER	CAULIFLOWER
RICE	MILK	APPLE
	EGGS	SPINACH
	PULSES	

B. Colour the clouds GREEN for things you will do. Colour the clouds RED for things you will not do. H.W.

Eat fruits and vegetables.

Eat unclean food.

Eat unhealthy foods.

Drink filtered water.

Never skip breakfast.

Wash hands before and after meals.

Take small helpings of food.

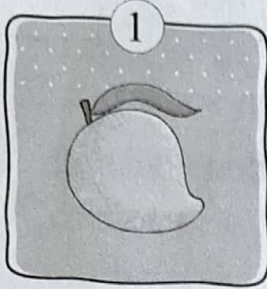
ENVIRONMENTAL STUDIES



Worksheet 2



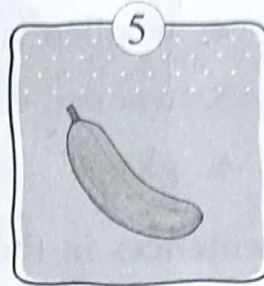
A. Look at these pictures. Write the names of the fruits and the vegetables.



MANGO



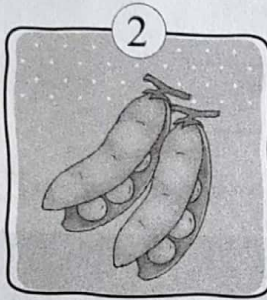
CAULIFLOWER



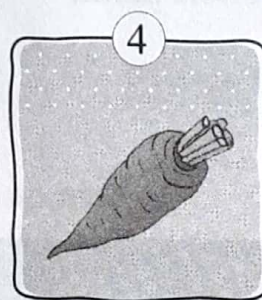
BANANA



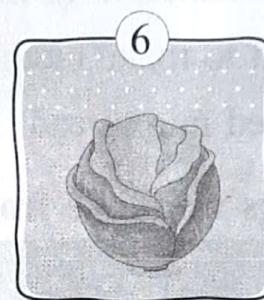
WATERMELON



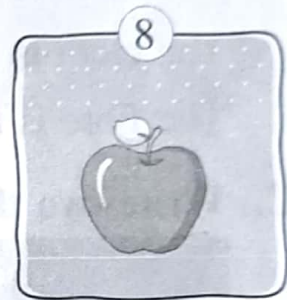
PEAS



CARROT



CABBAGE



APPLE

B. Draw lines to complete the sentences.

- | | |
|----------------------|------------------------------|
| 1. Food helps us | a. in the morning. (3) |
| 2. All fruits | b. fresh and clean food. (4) |
| 3. We have breakfast | c. to grow. (1) |
| 4. We must eat | d. can be eaten raw. (2) |

C. Read these sentences. Tick (✓) the correct answers.

- When do you have your breakfast?
 - a. before you go to school
 - b. after you reach school
- When do you have your lunch?
 - a. after you finish your homework
 - b. by 12 noon