



VIDYA SHREE ACADEMY

SR. SEC. SCHOOL

An English Medium Co.Ed. School | Science & Commerce



W : www.vsajaipur.com | E : vsajaipur@gmail.com M. : +91 9460356652, 8058999828

Add. : 84, Krishna Vihar, Behind Narayan Niwas, Gopalpura Bypass, Jaipur - 302015



/vsajaipur



/vsajaipur



/vidyashreeacademy



/vsa_jaipur

Subject- EVS

Class- I

Topic- Our Food

Learn and write the following hard words-

1. Food
2. Energy
3. Strong
4. Healthy
5. Grow
6. Milk
7. Chew
8. Plenty
9. Uncovered
10. Breakfast

Learn and write the following book exercises-



Exercises

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A. Tick (✓) the correct answers.

1. We make butter from
(a) vegetables ☐ (b) fruits ☐ (c) milk ☒
2. The meal that we take in the morning is called
(a) dinner ☐ (b) breakfast ☒ (c) lunch ☒
- ✓ 3. is a complete food.
(a) Wheat ☐ (b) Milk ☒ (c) Egg ☐ N
4. We should eat
(a) slowly ☒ (b) in a hurry ☐ (c) uncovered food ☐

B. Match correctly.

- | | |
|---------|-----------------------|
| 1. food | 3 (a) food grain |
| 2. meat | 1 (b) gives us energy |
| 3. rice | 2 (c) animal |

C. Name the following.

1. Two fruits you like the most.
(a) Mango (b) Apple
2. Two things that you should avoid eating.
(a) Pizza (b) Chocolate

3. Two vegetables you like the most.

(a) *lady finger* (b) *cauliflower*

4. Two things you like to have for breakfast.

(a) *fruits* (b) *bread*

D. Fill in the blanks with the words given below.

afternoon *play* *plants* *milk*

1. We make cheese from *milk*
2. We get fruits and vegetables from *plants*
3. Food gives us energy to work and *play*
4. We take lunch in the *afternoon*

E. Complete the following sentences.

1. We eat food because

- (a) it gives us *energy*
- (b) it makes us *strong and healthy*
- (c) it helps us to *grow*

2. We eat

- (a) breakfast in the *morning* .. (b) dinner at *night*

Learn and write the following question answers-

Q1. Why do we need food?

A1. We need food to:

- 1 Get energy.
- 2 Become strong and healthy.
- 3 Grow.

Q2. Name the food we get from plants.

A2. We get fruits ,vegetables ,food grains from plants.

Q3. Write good food habits.

A3. Good food habits are:

1. Wash your hands before and after every meal.
2. Eat slowly.

3. Chew the food well.
4. Drink plenty of water every day.