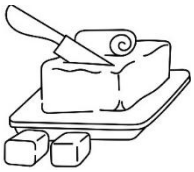
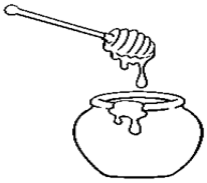
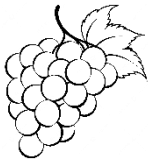
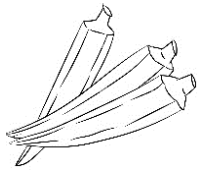
INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF EVS (2025-2026)
CLASS: I

CHAPTER– OUR FOOD **Worksheet-1**

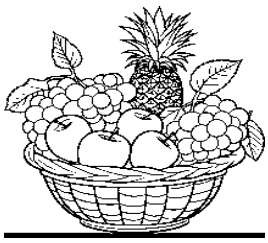
RESOURCE PERSON: SABINA DANIELLS

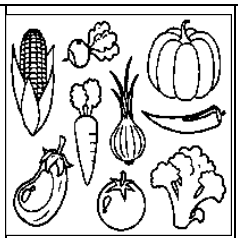
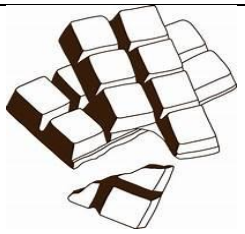
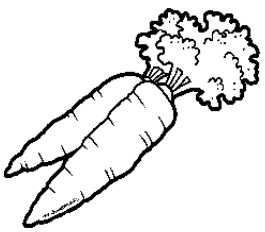
NAME:_____SEC:_____ DATE:_____

Q1. Match the pictures of the food to its name.

A	B
1.	**a.** lady's fingers
2. 	**b.** honey
3. 	**c.** apple
4 	**d.** butter
5 	**e.** grapes
Ans-1_____,2_____,3_____,4_____5_____	

Q2. Colour the pictures that show healthy food.



🍇 3. Fill in the blanks with your favorite food. 🖍️

What do you eat for...?

1.Breakfast: I eat _____

2.Lunch: I eat _____

3.Dinner: I eat _____

🧆 Q4. Let's sort! Put these into the right group.

(milk, apple, cold drinks, carrot, burger, rice, chips, chocolates)

Healthy Foods: _____ _____

_____ _____

Unhealthy Foods: _____ _____

_____ _____

🐄 Q5. Where do we get food from?

Ans_____

_____

🥦 🍗 Q6. Write the names of any 2 food we get from:

🍀 **Plants:**

1._____ 2_____

🐄 **Animals:**

1._____ 2_____

🎃 1. Food Riddles – What Am I?

a. I am yellow, long, and monkeys love me. _____

b. I come from a cow, and people drink me. _____