



INDIAN SCHOOL AL WADI AL KABIR
CLASS – I (2024-2025)
DEPARTMENT OF EVS



TOPIC: Our Food

Worksheet -1

RESOURCE PERSON: SUNITA S BHADRA

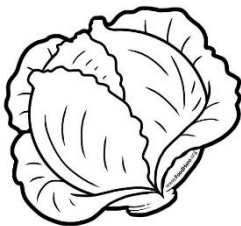
NAME: _____

SEC: _____

DATE: _____

Q1. Look at the pictures and write “P ” for Plant food and “A ”for Animal food.

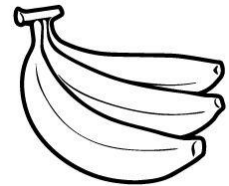
i)



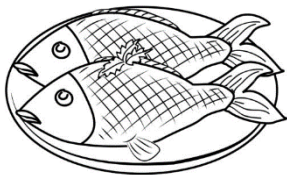
ii)



iii)



iv)



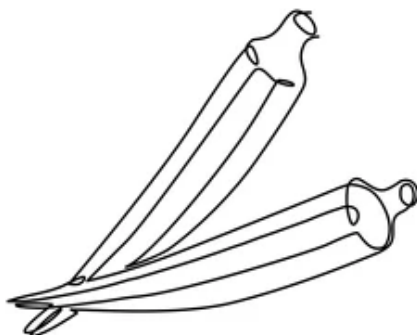
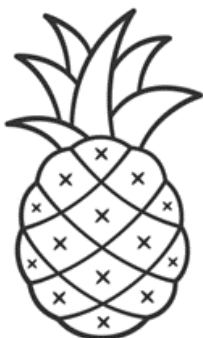
v)



vi)



Q2. Observe the pictures and colour the fruits in “Yellow ”and vegetables in “ Green”.



Q3. Read the questions carefully and tick the correct option.

a) The meal that we take in the afternoon is called.

i) dinner

☐

ii) lunch

☐

iii) breakfast

☐

b) We make butter from

i) vegetables

☐

ii) fruits

☐

iii) milk

☐

c) How many meals do we eat in a day?

i) 5

☐

ii) 4

☐

iii) 3

☐

Q4. Write "True" if the statement is correct and "False" if the statement is wrong.

a) We should eat uncovered food. _____

b) Always wash your hands before and after meal. _____

c) We should chew the food well. _____

d) Always drink plenty of water every day. _____

SELF – REFLECTION

How do I feel about the worksheet?

i) Great! I understood.



ii) Pretty good. I got it!



iii) Okay! I need some help.

