



ISWK Sharing Knowledge

Indian School Al Wadi Al Kabir

2020-2021

Class -I

SUBJECT - EVS

UNIT – 3

FOOD WE EAT



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2021 – 2022)

LESSON: FOOD WE EAT

WORKSHEET NO: 1

RESOURCE PERSON: Mrs. Rashmi Kaslikar

NAME: _____ CLASS: 1 SEC: _____ DATE: _____

Q.1 This is Raj. His teacher taught him interesting facts about food. Now he knows that we need food to get energy and to perform various activities. Some of the activities are given in the form of pictures. Let us help Raj to write them down.



We need food to...



p _ _ _ y



g _ _ _ _



w _ _ _ _



h _ _ _ _ t _ _ y

Food keeps us....

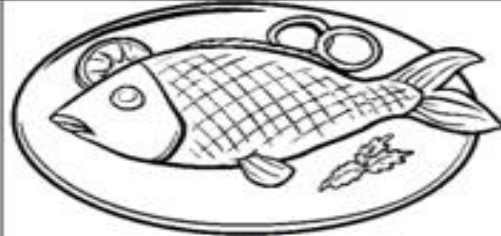


w _ _ _ m

Q.2 Observe the following pictures and colour the food that we get from animals.



chicken and eggs



fish



pulses



cucumber



fruits



Milk



LINK FOR LIVE WORKSHEET - 2

<https://www.liveworksheets.com/xi1888537yb>



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LESSON: FOOD WE EAT

RECAPITULATION WORKSHEET

RESOURCE PERSON: Mrs. Rashmi Kaslikar

NAME: _____ CLASS: I SEC: _____ DATE: _____

Q.1 Fill in the blanks using the help box.

soft mashed cereals Seviyan pulses seeds meal

1. Cereals and pulses are _____ of the plants.
2. We get fruits, vegetables, _____ and _____ from plants.
3. The food that we eat at a particular time is called a _____.
4. _____ is prepared during Eid.
5. A baby eats _____ and _____ food.

Q.2 Write two examples for each of the following:

1. Cereals: 1. _____ 2. _____
2. Healthy Food: 1. _____ 2. _____
3. Food that can be eaten raw: 1. _____ 2. _____

Q.3 Draw a for the correct statement and a for the incorrect statement.

1. We should eat small portions of food at a time.
2. People who are ill eat junk food.



3. Eating too many chocolates is good for health.



4. We should speak with food in our mouth.



Q.4 Colour the odd one in each group.

a)

cucumber

meat

onion

radish

b)

milk

meat

lettuce

egg

Q.5 Answer the following questions.

1. What are the two major sources of food?

Ans: : 1. _____ 2. _____

2. Why do we need food?

Ans: : _____

3. Write any two healthy eating habits that we must follow.

Ans: _____

4. Uncle Sam is an old man. Many of his teeth have fallen off. He cannot chew well. What kind of food should he eat?

Ans: _____



I pledge to be a My Plate Champion. I will choose healthy food to keep my body and mind healthy. I will never waste food in my plate. I will donate excess food to the needy people.

