

ISWK Sharing Knowledge

Indian School Al Wadi Al Kabir 2020-2021

Class -I

SUBJECT - EVS

UNIT — 3

FOOD WE EAT

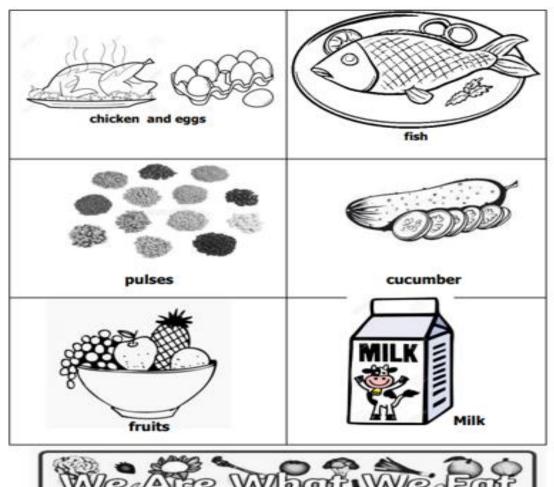


INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2021 - 2022) LESSON: FOOD WE EAT WORKSHEET NO: 1 RESOURCE PERSON: Mrs. Rashmi Kaslikar CLASS: 1 SEC: ____ DATE: NAME: 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 ... Food keeps us....

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





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LINK FOR LIVE WORKSHEET - 2

https://www.liveworksheets.com/xi1888537yb



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		DEP	ARTMENT O	F EVS (2021	-2022)	
ESSON: FO	OOD WE EAT			RECA	PITULATI	ON WORKSHEE
RESOURCE	PERSON: Mrs	. Rashmi Kasl	ikar			
NAME:			CLASS:	I SEC:	DATE:	
			- Bolistic Control	Sales bedan belief.		
Q.1 Fill in th	ne blanks usi	ng the help l	oox.			
soft	mashed	cereals	Seviyan	pulses	seeds	meal
1. Cereal	s and pulses a	re		of the	e plants.	
2. We ge	t fruits, vegeta	bles,		and		from
3 The fo	od that we eat	at a particula	r time is calle	d a		
	ou triat we ear					
1.50050	eats	4.0.4		The last to the last		5
5. A Daby	eats		and			1000.
Q.2 Write to	wo examples	for each of t	the following	j :		
. Cereals:	1			2		
Hoalthy E	and: 1			2		
. nealthy re	000: 1			2		
3. Food that	can be eaten	raw: 1		2	2	
Q.3 Draw a	for the	correct sta	tement and	a ()fo	r the inco	rrect statement
				$\overline{}$		
We should	d eat small por	tions of food a	at a time.)
2. People who	o are ill eat jur	k food.				\
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meat lettuce egg Q.5 Answer the following questions. 1. What are the two major sources of food? Ans: : 1	Eating too many chocol	ates is good for health.		
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	4. We should speak with f	ood in our mouth.		
wilk meat lettuce egg Q.5 Answer the following questions. 1. What are the two major sources of food? Ans: : 1	Q.4 Colour the odd one	e in each group.	-	
Q.5 Answer the following questions. 1. What are the two major sources of food? Ans: : 1	cucumber	meat	onion	radish
1. What are the two major sources of food? Ans: : 1	b) milk	meat	lettuce	egg
Ans: : 1	Q.5 Answer the followi	ng questions.		
2. Why do we need food? Ans: : 3. Write any two healthy eating habits that we must follow. Ans:	What are the two major	or sources of food?		
Ans: : 3. Write any two healthy eating habits that we must follow. Ans:	Ans: : 1		2	
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	2. Why do we need food?	•		
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	Ans: :		<u> </u>	
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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	Write any two healthy			
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	Ans: 4. Uncle Sam is an old moof food should he eat?	an. Many of his teeth ha	ive fallen off. He canno	t chew well. What kin
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