

ASSIGNMENT 5

SUBJECT-EVS

CLASS-1

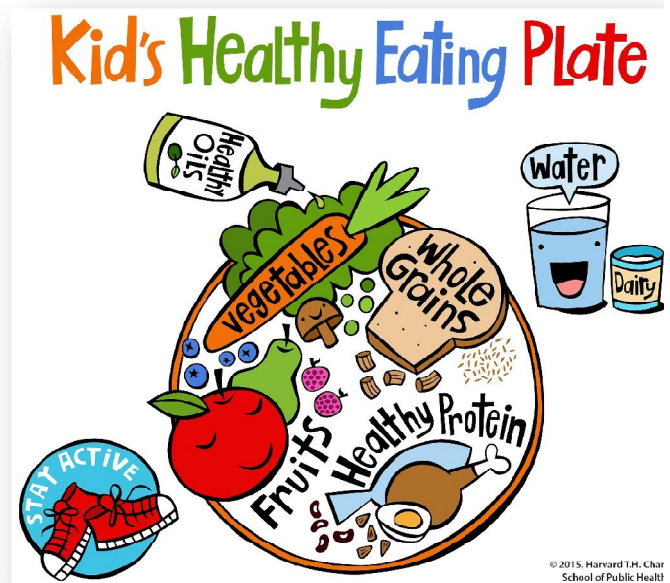
Mrs.Gurdeep Kaur

Date- 29 April,2020

LESSON-2 FOOD WE EAT

IMPORTANCE OF FOOD

- We need food to live and grow.
- It makes us strong and healthy.
- It gives us energy



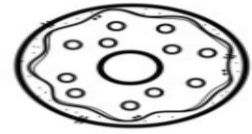
JUNK FOOD

- Junk food always contains extra fats and calories. They are very hard for our stomach to digest.

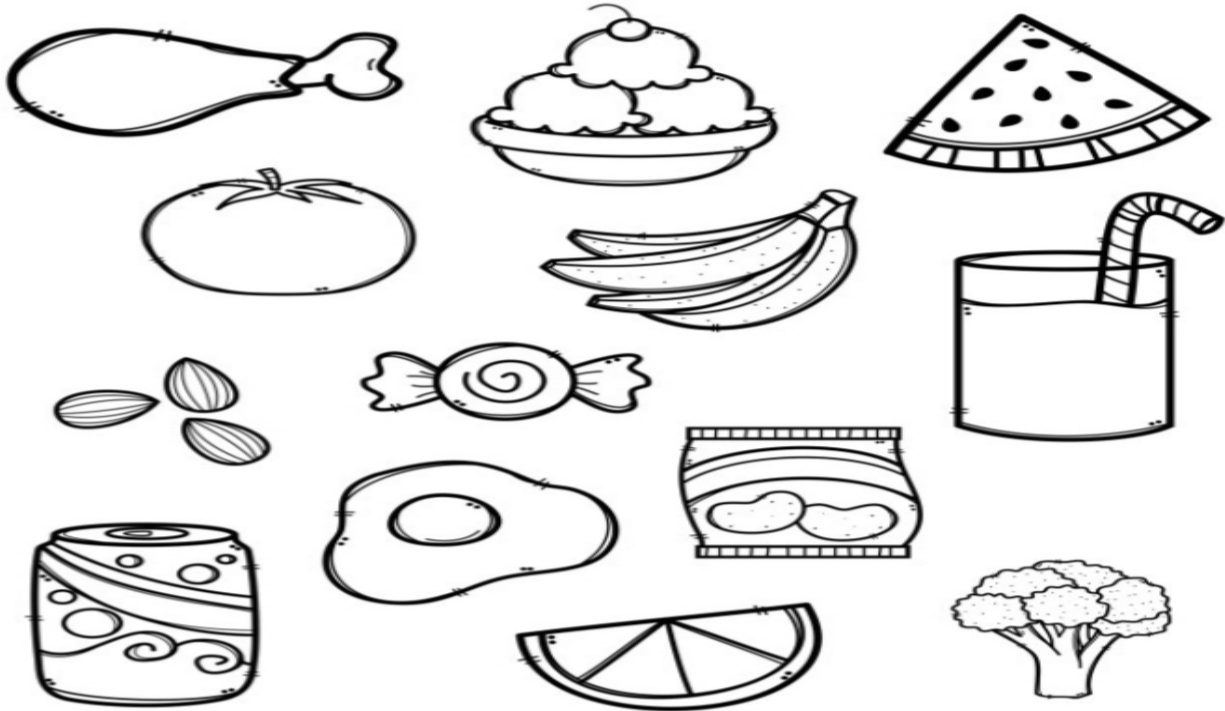


Name _____

Healthy or Not Healthy?



Q1 Cross out the unhealthy foods. Color the healthy foods.



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Q2. Circle the food items which gives us energy.

- a. Pulses b. Rice c. Sugar d. Eggs

Q3. Circle the food items which keep us healthy.

- a. Brinjal b. Pizza c. Apple d. Peas

Q4. Circle the food items which help us to grow.

- a. Milk b. Burger c. Fish d. Bread