

ASSIGNMENT 6

SUBJECT-EVS

CLASS-1

Mrs.Gurdeep Kaur

NAME- _____

Date- 6 May,2020

LESSON -2 FOOD WE EAT

Q1.Choose the correct option and fill in the blanks.

health	chew	wash	meals
hands	waste	energy	plants
			Water

- a. We should _____ our food properly.
- b. Toffees, chips and cold drinks are not good for _____.
- c. We should have our _____ at fixed times.
- d. We should always _____ our _____ before and after eating.
- e. Food gives us _____ to work and play.
- f. We get food from _____ and animals.
- g. We should never _____ food.
- h. _____ helps us to digest the food we eat.

Q2.Identify the meal.

- a) It is the first and important meal of the day. We eat bread, milk and eggs.

__r __ k __ s __



- b) It is the second meal, we eat in the afternoon. In this meal we can have rice, dal , chapati and vegetables.

L __ c __



- c) It is the last meal of the day. We eat light food.

__ n __ e __



- d) Eating too much of this food can makes us unhealthy. It includes pizza, burgers, fries.

J __ k F __



- e) It is a complete food. We should drink atleast two glasses everyday.

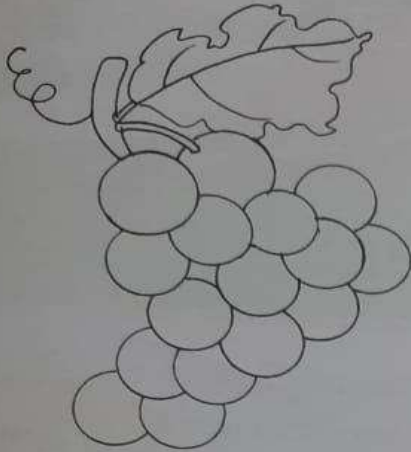
M __ k



Q3

Colour the healthy food items and cross out the junk foods.

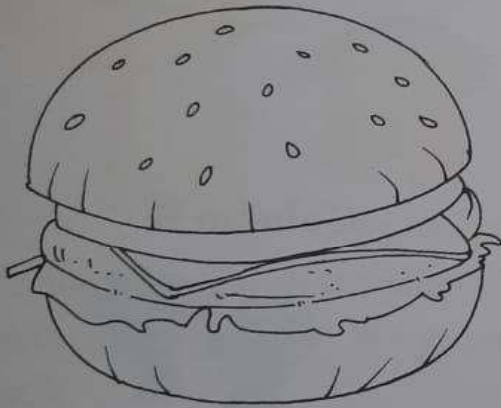
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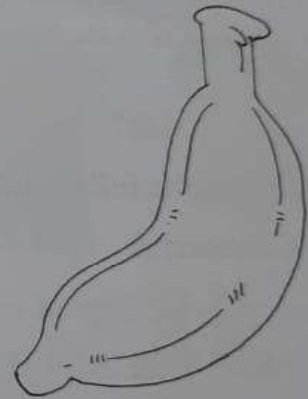
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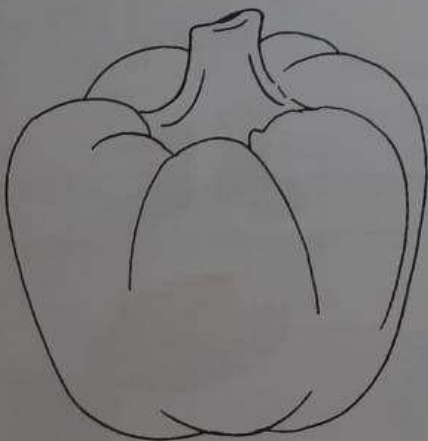
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4.



5.



6.



Assignment 6(HW)

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Mrs. Gurdeep Kaur

Date: 06 May,2020

Name: _____

Q1) Write P for plant products and A for the food that we get from animals.

Eggs

☐

Banana

☐

Milk

☐

Pulses

☐

Meat

☐

Peas

☐

Butter

☐

Nuts

☐