

Assignment – 7

Subject EVS

Class 1

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Name _____

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Lesson 2 (Food we eat)

Q1. Give two examples for each of the following.

a) Food we get from plants.

i) _____ ii) _____

b) Food we get from animals.

i) _____ ii) _____

c) Food helps us to grow.

i) _____ ii) _____

d) Food keep us healthy.

i) _____ ii) _____

e) Food give us energy

i) _____ ii) _____

Question/ Answers

Q1. Why do we need food?

Ans. We need food to live. It gives us energy to do work.

Q2. How water is helpful for us?

Ans. Water helps us to digest the food we eat.

Q3. Where do we get food from?

Ans. We get food from plants and animals.

Q4. Write three good eating habits.

Ans. i) washing hand.

ii) eating clean food.

iii) eat slowly.