

EVS-1

Chapter 5: Growing Up –Worksheet

A. Fill in the blanks:

1. Food keeps us _____.
2. We get energy from _____.
3. My _____ look after me.
4. I eat _____ and _____ to stay healthy.

B. Tick (✓) the correct option:

1. Food keeps us:
 Unhealthy Healthy Sleepy
2. We get energy from:
 Food Toys Clothes
3. Who looks after us?
 Friends Animals Parents

C. Answer the following questions:

1. What do we get from food?
2. Who looks after you?
3. What kinds of food do you eat to stay healthy?

D. Activity:

Paste pictures of healthy foods you eat every day.