

EVS-1

Chapter 7: Our Food –Worksheet

A. Fill in the blanks:

1. Food gives us _____ to work and play.
2. We get our food from _____ and _____.
3. We have _____ meals in a day.
4. We should wash our hands _____ and _____ meals.
5. We should not eat _____ food.

B. Tick (✓) the correct option:

1. Food helps us to:
 Sleep Grow Dance
2. We get milk from:
 Plants Cows Stones
3. We should eat:
 Junk food Fruits and vegetables Stale food

C. Answer the following questions:

1. Why do we need food?
2. What are the two main sources of food?
3. What are non-vegetarians?
4. What is the importance of eating meals on time?

D. Activity:

Paste pictures of your breakfast, lunch, and dinner.