



Purna International School

Shree Swaminarayan Gurukul, Zundal

Grade: 1

Worksheet

Sub: EVS

Name: _____

CH – 4 The Food We Eat

Date: _-6-2020

❖ Tick the correct option

1. Food gives us _____ to work and play.

- a. energy b. tiredness c. protection d. none of these ()

2. Rice, butter and sugar are _____ food.

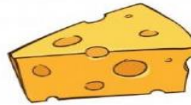
- a. energy-giving b. body-building c. protective d. none of these ()

3. Which is the king of fruits?

- a. guava b. orange c. mango d. papaya ()

❖ Write “H” for healthy and “U” for unhealthy.

HEALTHY OR UNHEALTHY



❖ Give the examples for following.

1. Food help us to grow: _____.
2. Food gives us energy: _____.
3. Food keeps us healthy: _____.
4. Spoil our teeth: _____.
5. Not good for healthy: _____.
6. Healthy drinks: _____.

❖ Answer the following questions.

1. When we eat food?

A. _____.

2. How many glass of water we have to take in a day?

A. _____.







3. How many meals we eat in a day?

A. _____.

4. What should our food makes us?

A. _____.

❖ Match the picture and word.

	pizza	rice	pasta
	pizza	chicken	pork
	pasta	bread	rice
	pizza	pasta	pork
	rice	salad	pizza
	bread	salad	rice

PUMA