

# Chapter – 7 Our Food

## EXERCISE

### Class – 1

### E.V.S





**A. Tick (✓) the Correct Word given in the bracket.**

- 1. We get milk from ( plants/animals).**
- 2. Plants give us (fruits/eggs).**
- 3. (Fish/Burger) helps in the growth of your body.**
- 4. (Cheese/Chess) is a product of milk.**





**B. Fill in the blanks with the words given in the help box.**

fresh

energy

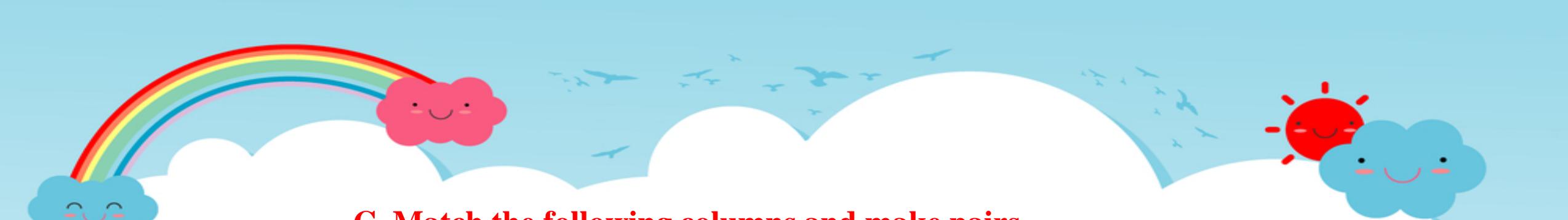
healthy

cereal

water

1. Food keeps us \_\_\_\_\_.
2. We should drink plenty of \_\_\_\_\_.
3. Wheat is a \_\_\_\_\_.
4. Food gives us \_\_\_\_\_.
5. We should eat \_\_\_\_\_ food.





**C. Match the following columns and make pairs.**

**1. Rice**

**2. Milk**

**3. Meat**

**4. Egg**

**5. Honey**

**(a) Hen**

**(b) Goat**

**(c) Plant**

**(d) Bee**

**(e) Cow**





**D. Write (T) for true and (F) for false statements.**

1. Food helps us to grow.

2. Junk food is good for our health.

3. We should eat green vegetables.

4. We should drink only two glasses of water in a day.





**E. Answer the following questions.**

**1. Name two things we get from the plants.**



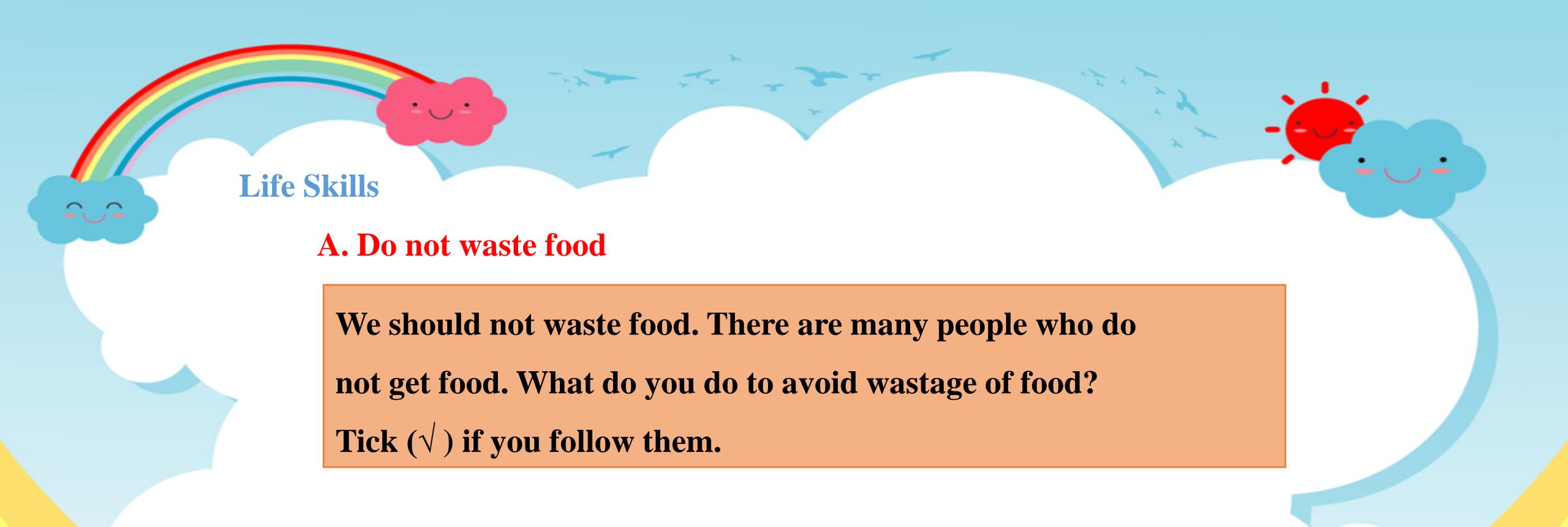
**2. Name two animals which give us milk.**



**3. Name two fruits you like to eat?**



**4. Write the names of five of your favourite products made from milk?**



## Life Skills

### A. Do not waste food

**We should not waste food. There are many people who do not get food. What do you do to avoid wastage of food?**

**Tick (✓) if you follow them.**





**a. I take limited food in my plate which I can finish.**

**b. I leave food in my plate.**

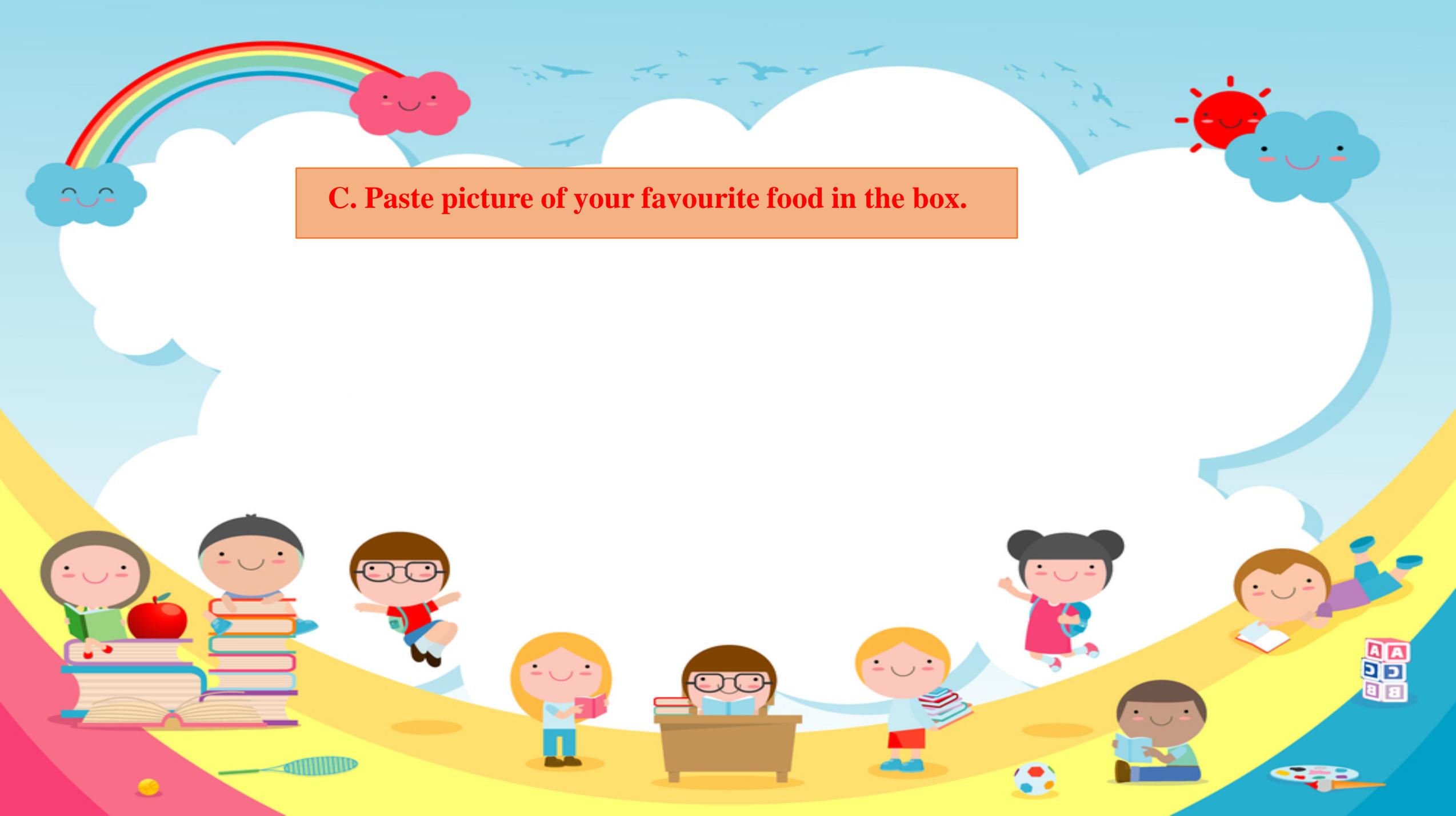
**c. I do not spill food on the table.**

**d. I give the leftover to the stray animals.**

**e. I throw the leftover in the dustbin.**

**B. Make your own menu card for a week. Write the items you want to eat in breakfast, lunch and dinner.**

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



**C. Paste picture of your favourite food in the box.**



**D. Write the names of any five of your favourite products made from the milk. Also paste pictures of these products in your scrap book. icture of your favourite food in the box.**





**THANK YOU**