INDIAN SCHOOL NIZWA - WORKSHEET

EVS

CH:7- FOOD I EAT

Name: _____ Date: _____ Class: I Sec: ____

I. Answer the following Questions:

1. Why do we need food?

Ans. _____

2. Why do we need energy?

Ans. _____

3. From where do we get food?

Ans. _____

4. Name any two foods that we get from plants.

Ans. _____

5. Name any two foods that we get from plants.

Ans. _____

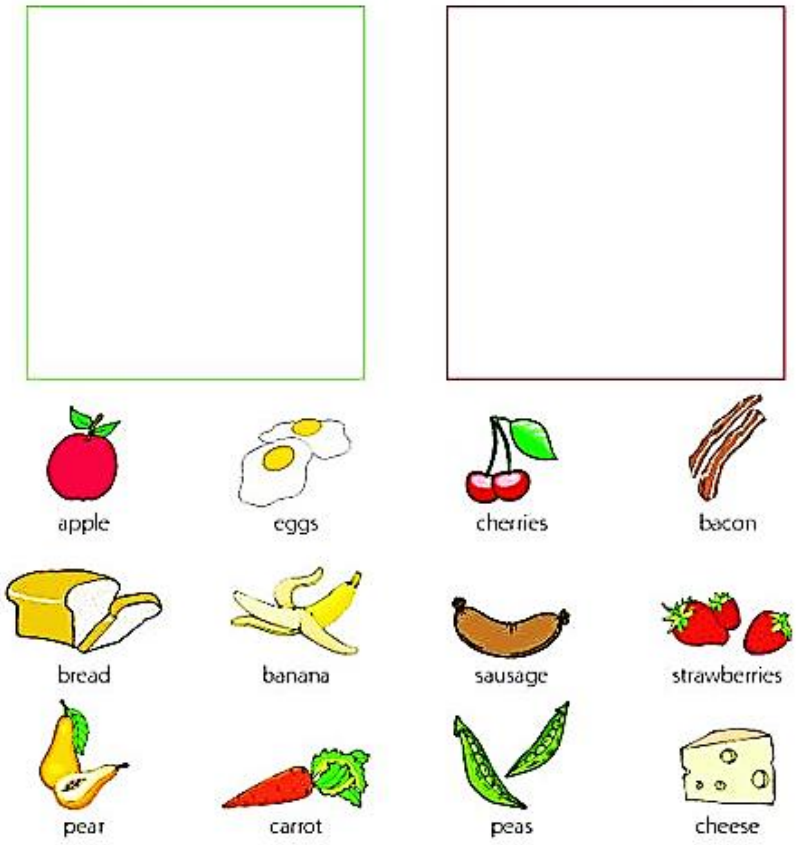
II. Fill in the blanks with the words given below:

(healthy dinner vegetables morning lunch)

1. Plants give us fruits and _____.
2. Clean food, water and air make us _____.
3. I eat breakfast in the _____.
4. I eat _____ at noon.
5. I eat dinner at _____.

III. Write the names of the foods in the correct boxes:

Food from plants **Food from animals**



IV. Tick the following foods that you think are good for you.

