

FOOD – EVS WORKSHEET

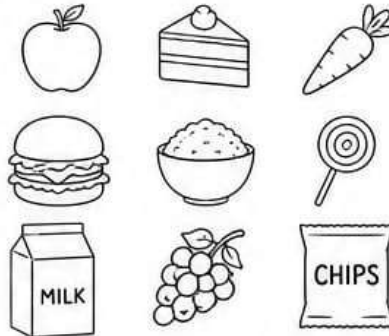
Class 1



1. Fill in the blanks.

- Food gives us _____.
- We get food from _____.
- We should eat _____ food.
- Fruits and vegetables keep us _____.
- We should drink lots of _____.

2. Colour the healthy food.



3. Circle the correct answer.

- We need food to
i) grow ii) sleep iii) dance
- Which of these is a healthy food?
i) pizza ii) banana iii) chips
- Which of these is a drink?
i) soup ii) tea iii) ice cream
- We should eat
i) more junk food ii) too many sweets
iii) balanced diet

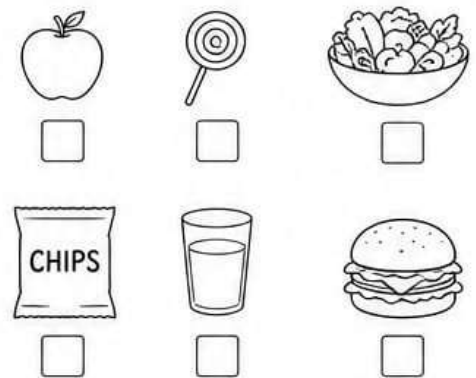
4. Match the following.

We get milk from •	•
We get eggs from •	•
We get rice from •	•
We get honey from •	•
We get vegetables from •	•

5. Write 'P' for Proteins, 'C' for Carbohydrates, 'F' for Fats.

- Eggs
- Rice
- Butter
- Dal
- Oil

6. Tick (✓) the healthy food and cross (X) the unhealthy food.



7. Write the names of any three fruits.



8. Write the names of any three vegetables.



9. Tick (✓) the correct habits.

- Eating food slowly and chewing well. ☐
- Eating while watching TV. ☐
- Washing hands before eating. ☐
- Eating junk food every day. ☐
- Drinking water regularly. ☐

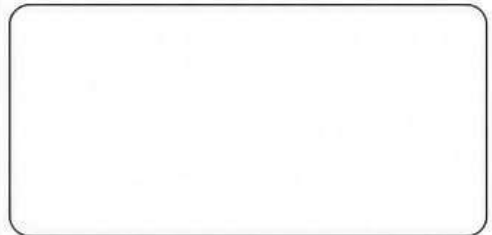
10. Circle the odd one out.

- Apple Mango Banana Chips
- Carrot Potato Spinach Cake
- Rice Wheat Bread Chocolate
- Milk Curd Cheese Soap

11. Where does the food come from?
Write 'Plant' or 'Animal'.

- | | |
|------------------|---------------------|
| a) Wheat _____ | d) Egg _____ |
| b) Milk _____ | e) Sugarcane _____ |
| c) Tomato _____ | f) Fish _____ |

12. Draw and colour your favourite healthy food.

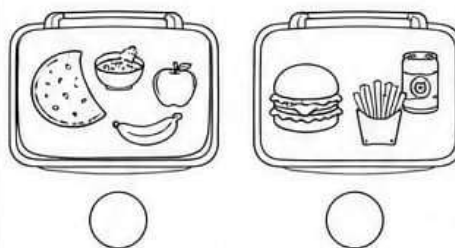


13. Fill in the blanks using the words given.

balanced vegetables water grow energy

- Food gives us _____.
- We should eat a _____ diet.
- Vegetables keep us _____.
- We should drink plenty of _____.
- Food helps us to _____ and stay active.

14. Draw a smiley 😊 on the healthy lunch box and a sad face ☹ on the unhealthy lunch box.



15. Answer the following questions.

- Why do we need food? _____
- Name two healthy foods. _____
- Name two drinks. _____
- What will happen if we do not eat food? _____



Eat healthy food, stay healthy and happy!

