



UNIT: 1 - OUR DELICIOUS FOOD

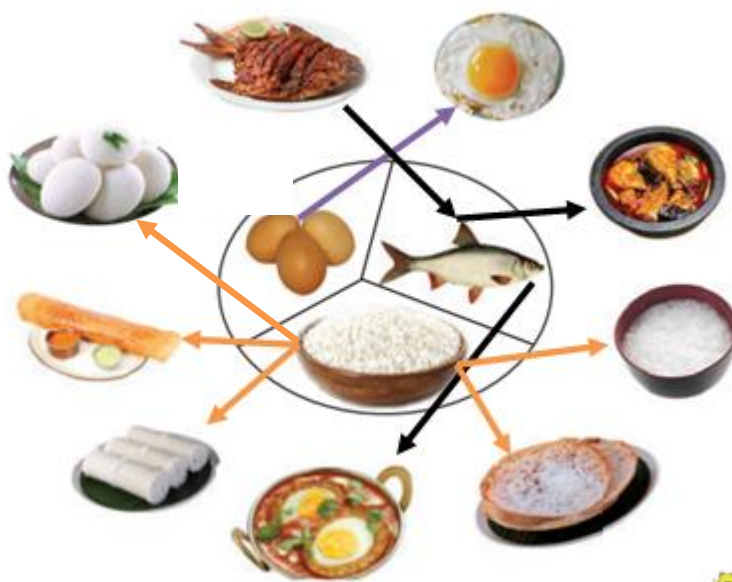
CLASS: 1
SUBJECT: EVS

BOOK BACK

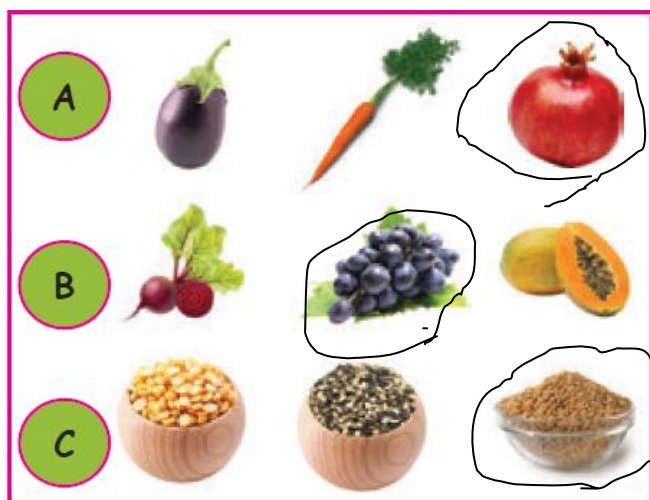
I. Circle or Tick the flower that we can eat.



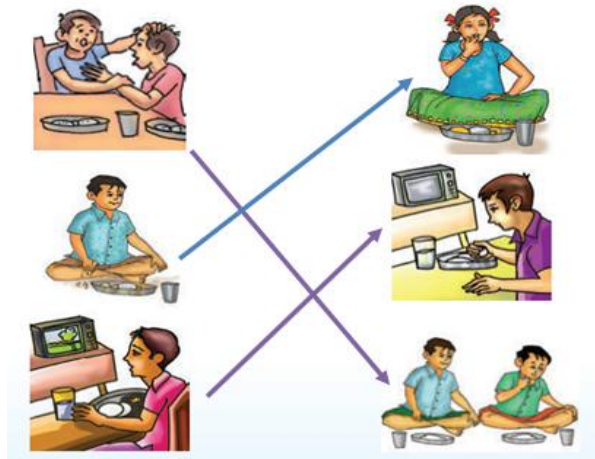
II. Match the dishes with their main ingredient.



III. Find the odd one.



IV. Reach out from the bad habit to the good habit by drawing lines.



BOOK INSIDES

I. Fill in the blanks.

1. Food gives us energy.
2. Milk is a healthy drink.
3. Water is essential for our body.
4. Leaves of some plants are used as food.
5. Sweets made with jaggery are better for health.

II. True or False

1. Do not spill food while eating. **True**
2. Do not over eat. It can make you ill. **True**
3. Food not gives us energy. **False**
4. Watching TV and using mobile phones while eating. **False**
5. Always wash fruits and vegetables before eating or cooking. **True**

III. Match the following

1. Flowers - Cauliflower
2. Vegetables - Carrot
3. Butter - Ghee
4. Cereals - Ragi
5. Pulses - Black gram

IV. Missing Letters.

1. Fish
2. Nuts
3. Wheat
4. Food

V. Answer the following.

1. Write some cereals name ?

Rice, Wheat and Ragi.

2. Write some pulses name?

Green gram, Blackgram and chick pea.

3. Write some greens name?

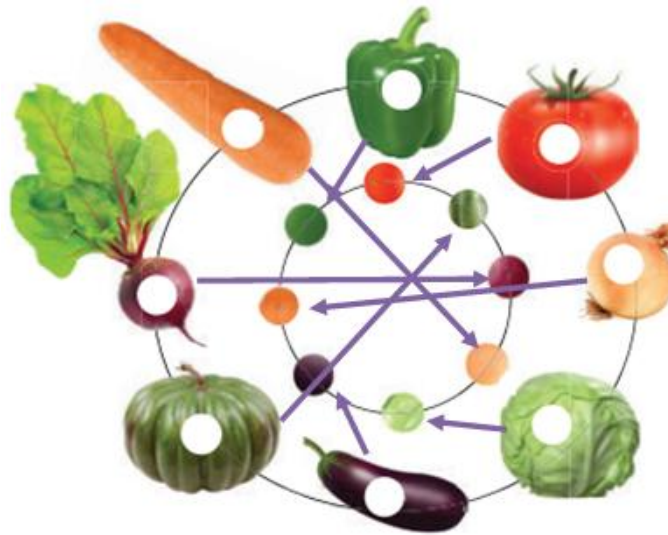
Drumstick leaves and Black night shade leaves.

4. Write a importance of Milk?

Milk is a healthy drink.

It keeps our teeth and bones strong.

VI. Match the given parts with the appropriate vegetables.



VII. Identify the following and write 'F' for fruit, 'V' for vegetable, 'P' for pulse, 'C' for Cereals and 'N' for Nuts.



N



P



V



C



F



P



N



C

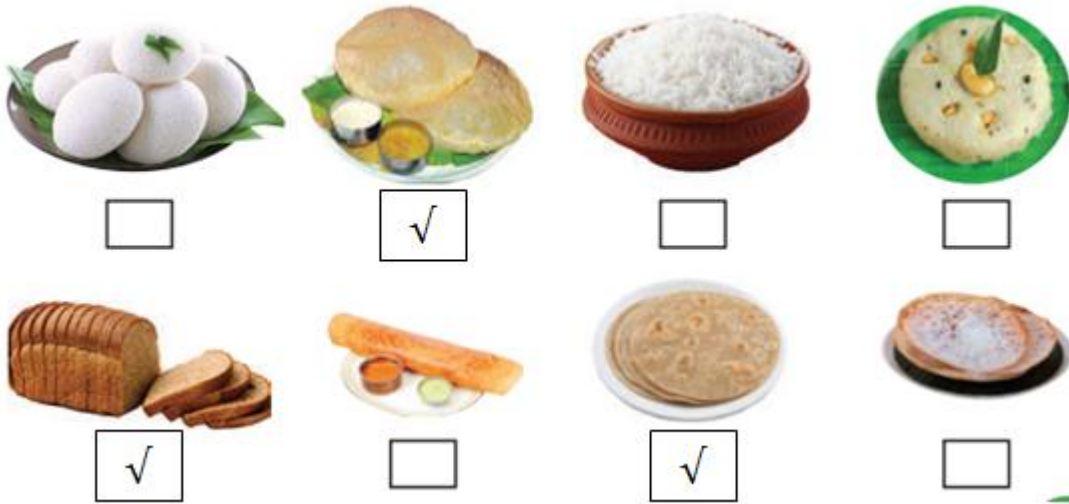


F

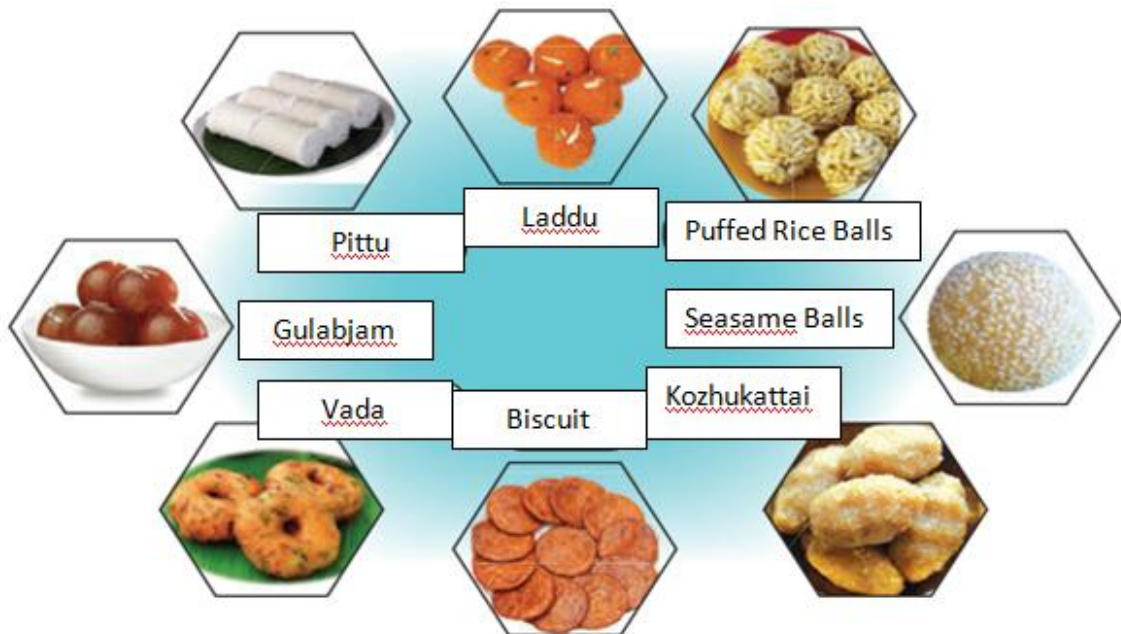


V

VIII. Tick (✓) the food items made with wheat.



IX. Name the food items, count and write them.



X. Circle the items that we should avoid.



XII. Colour the Do's in green and Don'ts in red.



Green



Red



Red



Green



Green



Red