

GIRLS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ.

Worksheet No. : 2

Session: 2020-21

Class : 1 (A to F)

Subject : Environmental Education (E.E.)

Topic : Ls. 8 - Food

Information : This portion is in continuation with Worksheet no.1 of Ls:8 – Food.

Instructions : Parents must help the child in revising Worksheet no.1. Thereafter ,helping the child in reading and understanding Worksheet no. 2 with explanation.

SECTION - 1

Good food habits

1. We must have our meals at a fixed time.
2. We should wash our hands before and after a meal.
3. We must drink lots of water.
4. We should eat fresh food.
5. We should chew our food properly.
6. We should never eat food from street vendors.
7. We should avoid junk food or eat it less.
8. We should not talk while eating food.
9. We should never eat food while watching T.V.
10. We should drink milk every day.

Points to Remember

(Recap of the entire chapter from Worksheet no.1 and Worksheet no.2 .)

1. Food gives us energy to work and play.
2. Food like milk, eggs and fish help us to grow.
3. Rice , sugar and butter give us energy.
4. Fruits and green leafy vegetables keep us healthy.
5. Junk food is not good for our health.
6. We must chew our food properly.
7. We should drink lots of water.
8. We should never have food from street vendors.
9. Some food items are cooked before eating . For example- rice , pulses and vegetables like potato, brinjal , ladyfingers, etc.
10. We eat some food items in raw form. These are fruits and vegetables like carrot , radish , etc.



Keywords (from the above text with meaning)

1. Meal - food that we eat at a fixed time
2. Fresh - made recently
3. Junk food – unhealthy food
4. Properly - correctly
5. Avoid - keep away from
6. Watching - looking at
7. Vendors - sellers

SECTION –2

Instructions : Parents must help the child in answering and learning these exercises.

A. Choose the correct answer.

1. We should _____ (chew , sleep) food properly.
2. Fruits and green leafy vegetables keep us _____ (unhealthy , healthy).
3. _____ (Rice , Jam) is an energy giving food.
4. Never _____ (drink , eat) food while watching T.V.
5. We must drink lots of _____ (water, tea) in a day .

B. Answer in one word .

(Question 1 is solved .)

Q.1. At what time we must have our meals?

A.1. Fixed time.

(Now Answer the following.)

Q.2. What must we drink two times a day?

Q.3. What do we need to live and grow?

Q.4. Name one food that we can eat in raw form.

Q.5. What does food give us to work and play?

C. Answer in short.

Instructions : Now read and learn these answers.

Q.1. What kind of food should we eat ?

A.1. We should eat fresh and healthy food.

Q.2. What is junk food ?

A.2. Food that is not good for our health is called junk food.

Q.3. Write any one good food habit.

A.3. We should eat fresh food.

Q.4. Why should we not eat food from street vendors ?

A.4. Food from street vendors may not be fresh and have germs.

Q.5. Name four food items that are cooked before eating.

A 5. Rice , pulses , brinjal and potato.

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