

GIRLS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ

WORKSHEET NO.1

SESSION 2020-21

CLASS 1(A-F)

SUBJECT- ENVIRONMENTAL EDUCATION

TOPIC- FOOD

INSTRUCTIONS—PARENTS TO EXPLAIN THE LESSON TO THE CHILD.

THE CHILD SHOULD READ THE LESSON THOROUGHLY WITH CORRECT PRONUNCIATION.

DO FILL IN THE BLANKS AND TRUE OR FALSE GIVEN.

FOOD

We need food to live. Food gives us energy to work and play. It helps us to grow.

MEALS

We have three meals in a day. It is 8 o'clock in the morning. Reema is having breakfast. We have breakfast in the morning.

It is 2 o'clock in the afternoon. Reema is sitting with her grandpa and grandma. She is having lunch. We have lunch in the afternoon.

It is 8 o'clock at night. Reema is having dinner with her family. We have dinner at night.

Some common food items we eat daily are -

Bread, rice, chapati, eggs, fish, fruits, vegetables, salad, dal.

Some of the food items are cooked before eating while some are eaten raw.

We eat some fruits and some vegetables in raw form. These are-

Apple, banana, grapes, carrot, radish, cucumber.

We eat rice, pulses and some vegetables like cauliflower, potato, brinjal and capsicum in the cooked form.

During festivals and celebrations we eat special types of food. Some of these foods are-

Cake, kheer, halwa, sweets.

Where does the food come from? Our food comes from plants and animals.

FILL IN THE BLANKS:-

1. We need food to _____.

2. Food helps us to _____.

3. We have _____ meals in a day.

4. We have breakfast in the _____.

5. We have lunch in the _____.

6. We have dinner at _____.

SAY TRUE OR FALSE:-

1. Junk food is good for health.

2. We should drink milk everyday.

3. We should talk while eating food.

4. During festivals we eat sweets.

5. Rice is eaten raw.

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