

GIRLS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ

WORKSHEET NO. 5

SESSION- 2020-21

CLASS 1 (A TO F)

SUBJECT—ENVIRONMENTAL EDUCATION

LESSON—FOOD

INSTRUCTION—PARENTS TO HELP THE CHILD IN REVISING THE LESSON FOOD GIVEN IN WORKSHEET NO. 1 AND 2 AND THEN ANSWER THE QUESTIONS GIVEN BELOW.

SECTION 1

Q1.Match the following:-

A	B
1.Cake, kheer	everyday
2.Milk, eggs	special food
3.Brinjal, potato	animals
4.Drink milk	are cooked before eating

Q2.Tick the right choice:-

1.Dosa is made of-

a.rice b.wheat

2.Biryani is made of-

a.rice and mutton b.wheat and mutton

3.Pulao is made of-

a.wheat b.rice

4. Idli is made of-

a. rice b. wheat

5. Fruits and green leafy vegetables protect us from-

a. enemies b. diseases

6. Poorie is made of-

a. rice b. wheat

Q.3. Name two:-

1. Junk food—

2. Healthy food--

3. Vegetables—

4. Fruits—

5. Healthy drinks—

Q4. Write the things you had for breakfast, lunch and dinner yesterday.

Breakfast-

Lunch-

Dinner-

Q5. Draw and colour neatly—

1. Two Junk Food.

2. Two Healthy Food.

SECTION 2

PARENTS TO HELP THE CHILD IN READING, UNDERSTANDING AND LEARNING THESE ANSWERS.

Q1. Why do we eat food?

A. We eat food to live and grow. Food gives us energy to work and play.

Q2. Name the three meals of the day.

A. The three meals of the day are breakfast, lunch and dinner.

Q3. When do we eat special type of food?

A. We eat special type of food on festivals and celebrations.

Q4. Why should we avoid junk food?

A. We should avoid junk food because it is not good for our health.

Q5. Write any two good food habits.

A.1. We should wash our hands before and after eating food.

2. We should chew our food properly.

Q6. Write any two rules that we should follow while eating food.

A.1. We should not talk while eating food.

2. We should not watch T.V while eating food.

END