

Subject: Environmental Studies (EVS)

Class: 1

Topic: Food We Eat (Types of Food)

Levels: Basic, Intermediate, Advanced

Level: Basic

1. We need food to live and _____ (grow / sleep).
2. I eat my breakfast in the _____ (morning / night).
3. Milk makes our bones and teeth _____ (weak / strong).
4. We get fruits and vegetables from _____ (plants / stones).
5. Name one white colored food item: _____.
6. Draw a ? (circle) around the fruit: [Apple / Potato].
7. We should wash our _____ (hands / feet) before eating food.
8. Which animal gives us milk? _____ (Cow / Tiger).
9. We eat _____ (Lunch / Dinner) at night.
10. Tick (?) the healthy drink: [?] Milk | [?] Cold Drink

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Level: Intermediate

1. Identify the food we get from animals: _____ (Eggs / Rice).
2. Name a yellow fruit that monkeys love to eat: _____.
3. We eat the _____ (root / leaf) of a Spinach (Palak) plant.
4. Unscramble the word: E-I-C-R (Hint: A staple food in India) _____.
5. Is Dal-Chawal a healthy meal? _____ (Yes / No).
6. We use a _____ (Spoon / Pen) to eat hot Pulao.
7. A person who does not eat meat or fish is a _____.
8. Write the name of your favorite Indian sweet: _____.
9. How many glasses of water should we drink daily? _____.
10. Draw ? (flowers) next to the food from plants: Wheat [], Meat [].

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1. Why is milk called a 'Complete Food'? _____.
2. Name one food item we get from a Hen: _____.
3. List any two 'Junk Foods' we should avoid: _____.
4. We cook food to make it _____ and easy to digest.
5. The cost of a bread packet is ? _____ (Write approximate price).
6. Which part of the plant is a Carrot? _____.
7. Name a food item that can be eaten raw (without cooking): _____.
8. Identify the shape of a Chapati: _____ (? Circle / ? Triangle).
9. Where do we keep our food to stay fresh and cool? _____.
10. Challenge: Name three things used to make a Salad: _____.