

Subject: Environmental Studies (EVS)

Class: 1

Topic: Food We Eat (Plants & Animals)

Levels: Basic, Intermediate, Advanced

Level: Basic

1. We eat food to get _____ (energy / sleep).
2. Fruits and vegetables come from ? _____ (plants / animals).
3. Milk comes from an animal like a _____ (cow / lion).
4. We eat _____ (breakfast / dinner) in the morning.
5. Apple is a _____ (fruit / vegetable).
6. Draw a ? next to the food you like: _____
7. We get eggs from a _____ (hen / tiger).
8. Rice and Wheat are called _____ (grains / toys).
9. We should wash our _____ (hands / feet) before eating.
10. A ? (Carrot) is a _____ (fruit / vegetable).

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Level: Intermediate

1. Name one food item we get from a plant: _____
2. Rahul drinks 2 glasses of _____ (milk / tea) every day to be strong.
3. Which of these is a pulse (Dal)? [?] Moong Dal | [?] Bread
4. Potato grows _____ (above / under) the ground.
5. We get honey from _____ (honeybees / ants).
6. We use _____ (oil / water) to fry Puri and Pakora.
7. Tick (?) the healthy food: [?] Salad | [?] Burger
8. Farmers grow crops in the _____ (field / school).
9. Write the name of a yellow fruit: _____
10. We make curd and butter from _____ (milk / juice).

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1. Why do we need to eat healthy food? _____
2. Name a food item that we eat raw (without cooking): _____
3. If a bunch of bananas costs ₹ 40, write the price: _____
4. Draw a ✓ if the food is from a plant and a ✗ if from an animal: Fish []
5. Which part of the plant is a Spinach (Palak)? _____ (Leaf / Root)
6. Name any two food items we eat for lunch: 1. _____ 2. _____
7. We should avoid eating _____ (junk / fresh) food from the roadside.
8. Write 'P' for Plant food and 'A' for Animal food: Chicken []
9. Unscramble the word: I-L-K-M (A white drink): _____
10. Give one example of a seed that we eat: _____