

Subject: Environmental Studies (EVS)

Class: 1

Topic: Food We Eat (Healthy and Junk Food)

Levels: Basic, Intermediate, Advanced

Level: Basic

1. We eat food when we feel _____ (hungry/sleepy).
2. Milk makes our bones and teeth _____ (weak/strong).
3. Identify the fruit: It is red and starts with 'A': _____.
4. Fruits and vegetables are ? Healthy / ? Junk food. (Circle one)
5. We get eggs from _____ (hen/cow).
6. We should wash our hands ? _____ (before/after) eating.
7. Name one white colored food we drink: _____.
8. Is a Burger a healthy food? (Yes / No): _____.
9. We should eat ? _____ (fresh/stale) food.
10. Draw 3 ? ? ? (stars) if you like to eat mangoes.

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Level: Intermediate

1. Which meal do we eat in the morning? _____ (Breakfast/Dinner).
2. Rice and Wheat give us ? _____ (Energy/Sleep) to play.
3. Identify this vegetable: It is purple and starts with 'B': _____.
4. We get fruits and vegetables from _____ (Plants/Animals).
5. Match the pair: Cow gives us _____.
6. Too many chocolates can cause a ? _____ (toothache/stomach ache).
7. Drinking 8 glasses of _____ every day is good for health.
8. We use a _____ (spoon/comb) to eat our dal and rice.
9. Is Dal-Chawal a healthy Indian meal? (Yes/No): _____.
10. Count the ? ? ? (tomatoes) and write the number: _____.

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Level: Advanced

1. Why should we avoid eating food from open street vendors? _____
2. Name one food item we get from animals (starting with 'C'): _____.
3. If a packet of chips costs ₹ 20 and an apple costs ₹ 10, which is better for health? _____
4. Write 'H' for Healthy and 'J' for Junk: Pizza [], Salad [].
5. What do we call the meal we eat at night? _____.
6. Name a yellow fruit that monkeys love to eat: _____.
7. We should eat slowly and _____ our food well.
8. Which food group helps us grow? (Pulses / Chips): _____.
9. Draw a ☀ (sun) next to the food you eat for breakfast: _____
10. Challenge: Name one leafy green vegetable you eat at home: _____.