

**Bal Bharati Public School, Pusa Road Campus, New Delhi**  
**Session 2012-2013**

Worksheet No. 5

Subject : E.V.S.

Name ..... Date : ..... Class/Sec: I / ....

**Food helps us to:**



..... / ..... and .....

**We eat three meals in a day:**

..... in the morning.



Lunch in the .....

..... at night.



Fill in the blanks:

Food ..... us from diseases.



Food ..... our body.

True and false:

1. We should eat mouthful and finish our food quickly.
2. We should chew the food properly.
3. We should not waste food.
4. We should not talk while eating.