



DELHI PUBLIC SCHOOL, SRINAGAR

Subject: EVS

Worksheet No. 1

TOPIC: Food We Eat

Name: _____

Class/Sec Ist

Date: _____

Roll

no. _____

INTRODUCTION:

When we are hungry, we eat food. We need food to work and stay alive. Food helps us to grow and stay healthy. It also keeps us away from illness. Food gives us energy to work and play.

We should drink 6-8 glasses of water everyday.

Good health starts with good food.



SOURCES OF FOOD:

Where does our food come from?

The food we eat comes from plants and animals.

Plants give us:

Fruits, Vegetables, Cereals, Pulses, Dry fruits, Spices and Oils.

Animals give us:

Milk, Eggs, Meat and Honey.

GOOD FOOD HABITS

- Eat all meals- breakfast, lunch and dinner at proper times.
- Wash your hands before and after eating.
- Do not eat uncovered food .Dust and flies settle on exposed food.
- Do not waste food.
- Eat at a clean place.

Qno.1 Write the names of any five:

Fruits	Vegetables	Cereals	Pulses	Dry fruits

Qno.2 Tick the right answer:

a) Food helps us to

1. grow 2. work 3. live healthy 4.all of these

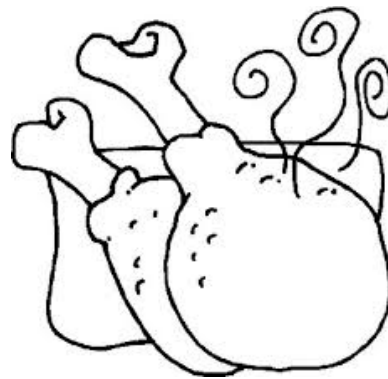
b) _____ do not come from plants.

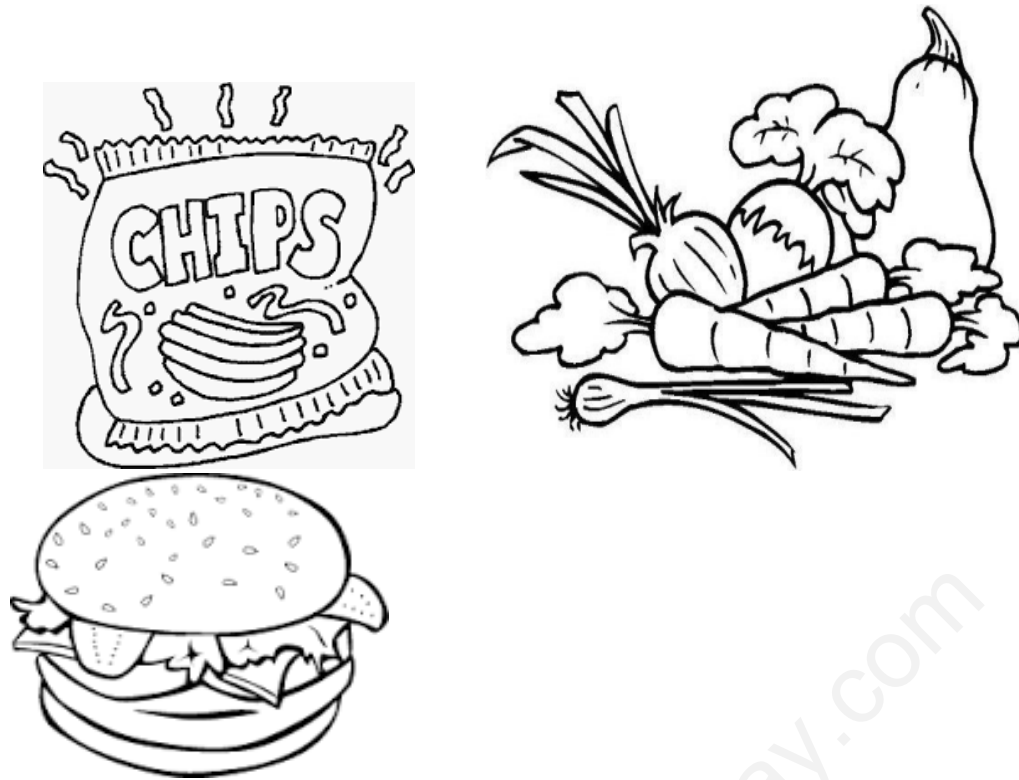
1. fruits 2. vegetables 3. eggs 4.pulses

c) The meal that we take at night is called

- 1.dinner 2. breakfast 3. lunch 4.all of these

Qno.3 Colour the healthy foods.





Qno.4 Think and write the correct name for each of the following:

1. We cannot eat it uncooked.

2. We get honey from it.

3. We can drink its juice.

4. We can eat it without peeling.

5. We get eggs from it.



Drawing Time



Draw any three food items that we get from plants and animals.

A large, empty rectangular box with a black border, intended for drawing. A faint watermark "www.studiestoday.com" is visible diagonally across the box.

Name: _____

Class/Sec I _____

Date: _____

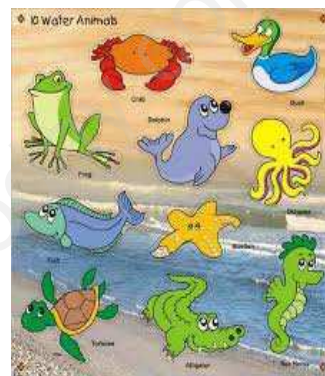
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Reading Time

All of us see many types of animals around us. They have different shapes and sizes. Some animals live in forests and some live in our homes. Some are big and some are small. Let us look at the below

given picture carefully.



Pet Animals



Cat

Parrot

Dog



In the above picture we see different types of animals. Some animals are very big, some are small and some are very same.

LET US LOOK AT THE DIFFERENT ANIMALS AROUND US.



WILD ANIMALS: *Animals that we do not see around us and can be found in forests and zoos are called **wild animals**. For example, **lions, elephants, tigers, wolves, foxes etc.***



DOMESTIC ANIMALS: Some animals are helpful to us. We keep them on a farm. They are called domestic animals. For example, cows, buffaloes, horses, sheep, goats, hens etc.



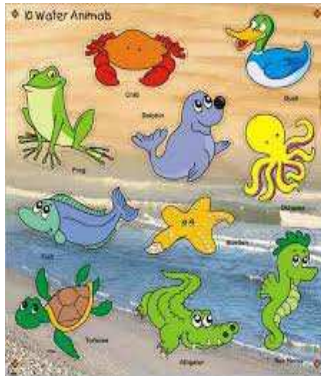
PET ANIMALS: Some animals live with us in our homes. They are called pet animals. For example, dogs, cats, rabbits, parrots, fishes, etc.



BIRDS: Birds are the animals which have feathers on their body. They have two wings to fly. They also have a beak to eat their food. Different birds have different types of beaks. There are some birds that cannot fly, like penguins and ostriches.



INSECTS: Insects are small animals. Most of the insects have six or more legs. Most insects have wings to fly, like mosquitoes, butterflies, grasshoppers, ants, houseflies, dragonflies etc.



WATER ANIMALS: Some animals live in water. These are called water animals, like fishes, dolphins, octopuses, sea horses etc.



AMPHIBIANS: Some animals live both on land and in water. For example, frogs, tortoises, crocodiles, etc.

**DEAR CHILDREN IT IS A WRITING TIME BUT
PROMISE YOU WILL LEARN SPELLINGS
ALSO.**

Q1. Write the names of any five wild animals, domestic animals, pet

animals, water animals, insects, birds and amphibians in the space

given below.

WILD ANIMALS

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DOMESTIC ANIMALS

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PET ANIMALS

WATER ANIMALS

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BIRDS

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INSECTS

AMPHIBIANS

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DRAWING TIME

Q2. Draw and name your favourite animal in the box given below. Also write

one sentence about your favourite animal.



[illegible]