

## Work sheet of life skills

### Class 4th

A. Here is a list of some foods:

1. Plain drinking water.
2. High- fibre foods.
3. Fruits/vegetables.
4. Homemade soup with less sugar/salt.
5. Pastries, cakes and doughnuts.
6. Soft drinks.
7. Biscuits, cookies.

List these foods as good foods and bad foods:

Good foods	Bad foods

B. Write true or false

1. We should always wash our hands before and after meals. [      ]
2. We should eat junk foods. [      ]
3. We must take balanced food. [      ]
4. Chew with your mouth closed. [      ]
5. We should not say thank you when server something. [      ]
6. Always use a napkin to clean your mouth. [      ]

C. Look at these pictures. Write six sentences about these pictures showing respect?

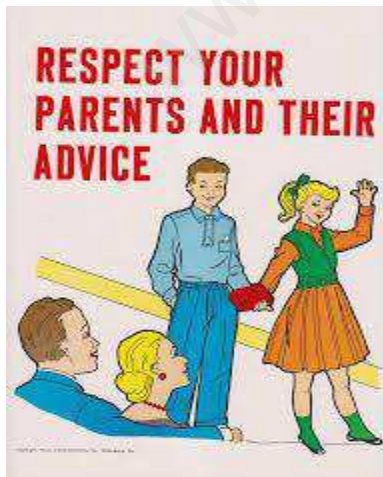
1.



2.



3.



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

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