

# North – Ex Public School

(session 2020-2021)

Class – 1

Subject – EVS

Topic – My Food

Worksheet - 6

Before attempting this worksheet kindly go through the following link which will help you in attempting this worksheet

**NOTE: if students are not having printer facility at home , they can copy the worksheet in a separate notebook and can write answers in that copy.**

Link - <https://youtu.be/By5J1qzdLMM>



## Fastrack Notes

- Food is one of our basic needs.
- We get food from plants and animals.
- Food helps us to grow and to remain strong and healthy.
- We eat different meals at different times of a day.
- People who do not eat meat are called vegetarian.
- People, who eat meat are called non-vegetarian.
- Food are body-building food, energy-giving food and protective food.

## Eating Habits

Here are some good eating habits. You must observe them when you sit to have food with other people :

1. Eat your meal at fixed time.
2. Wash your hands well before and after eating.
3. Eat plenty of fruits and vegetables.
4. Chew your food well.
5. Leave the table only after every body has eaten.
6. Eat in a happy and pleasant mood.



# Our Food

Food is one of our basic needs. It is the fuel that our body machine requires to run properly. It gives us energy to work and play. It also helps us to grow and protects us from diseases.

## Sources of Food

We get food from two sources—plants and animals.

We get pulses, cereals, vegetables and fruits from plants.



*Do You Know?*

- We also get spices from plants.



We get milk, eggs and meat from animals.

People who eat only plants products are called **vegetarians**. People who eat eggs, fish and meat are called **non-vegetarians**.

## Types of Food

There are three types of food. They are :

### Energy Giving Foods

The foods that give us energy to work and play are called **energy giving foods**. Rice, cheese, potato, butter, ghee, sugar etc. are some energy giving foods.





## Body Building Foods

The foods that help us to grow and build our body are called **body building foods**. Milk, eggs, pulses, wheat, fish etc. are some body building foods.

## Protective Foods

The foods that protect our body from diseases are called **protective foods**. Fruits and vegetables are protective foods.



Our food should contain all three types of foods to keep us energetic, strong and healthy.

## Unhealthy Foods



Uncovered food, junk food and bad eating habits certainly make us ill. You know, if we fall ill, the doctor gives us painful injection. So, we must avoid such foods and habits.



### *Do You Know?*

- We should eat our meals at fixed time everyday.



Worksheet - 6

**A. Tick (✓) the correct option :**

- We get food from \_\_\_\_\_.  
(a) plants  (b) animals  (c) both
- \_\_\_\_\_ is a body building food.  
(a) milk  (b) butter  (c) rice
- \_\_\_\_\_ protects us from diseases.  
(a) fruits  (b) fish  (c) both
- We should eat our meals at \_\_\_\_\_.  
(a) free time  (b) any time  (c) fixed time

**B. Choose and fill in the blanks :**

vegetables, animals, junk, spices, energy

- We get milk, eggs and meat from \_\_\_\_\_.
- We also get \_\_\_\_\_ from plants.
- Fruits and \_\_\_\_\_ are protective foods.
- Food gives us \_\_\_\_\_ to work and play.
- We must avoid uncovered and \_\_\_\_\_ foods.

**C. Give two examples of each :**

- Body building foods : \_\_\_\_\_
- Plants products : \_\_\_\_\_
- Energy giving foods : \_\_\_\_\_
- Animals products : \_\_\_\_\_
- Protective foods : \_\_\_\_\_

## Answers –

### A. Tick the correct option –

1. © Both
2. (a) Milk
3. (a) Fruits
4. © Fixed time

### B. Fill in the blanks –

1. Animals
2. Spices
3. Vegetables
4. Energy

## **5. Junk**

### **C. Two examples of each –**

**1. Milk, Eggs**

**2. Fruits, vegetables**

**3. Sugar, Butter**

**4. Milk, Eggs**

**5. Fruits, Vegetables**