

24/6/21

~~English MCB to~~

EVS

Ch-5

Food for us

Difficult words:-

(Write 3 times each spelling)

1. Healthy
2. Muscles
3. Foodgrains
4. Pulses
5. cereals
6. Flesh (Meat)
7. Vegetarians
8. Strong
9. Uncovered
10. Sick

H.W.

Write difficult words and book  
question/answers(A) in EVS Copy.

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- Do not speak or laugh with food in your mouth.
- Rinse your mouth with water after eating.
- Eat clean and fresh food to stay healthy. Eating uncovered or stale food can make us sick.



## TIME TO ANSWER

### A. Answer these questions.

Write in copy

1. Why do we need food? Ans:- We need food to live and grow strong.
2. Why should we eat fruits and vegetables? Because fruits and vegetables help us to stay healthy.
3. What are foodgrains? cereals and Pulses  
Foodgrains.
4. Write three good food habits. (a) Chew your food well.  
(b) Wash your hands with soap before and after eating  
(c) Rinse your mouth with water after eating



### B. Write **G** for the GOOD habits and **B** for the BAD habits.

1. Akshay never buys food from a hawker. **G**
2. Priyanka never eats her food in a hurry. **G**
3. Fardeen likes fish. He often eats too much of it. **B**
4. Priya drinks water from the garden tap. **B**

C. Pulao is made from rice. What are these things made from? Draw lines to match the things.

- |             |               |
|-------------|---------------|
| 1. PARATHA  | eggs          |
| 2. JAM      | rice, dal     |
| 3. OMELETTE | wheat         |
| 4. DOSA     | fruits, sugar |



### TIME TO DO

D. Circle the things you would like to have for your birthday party.

samosa

thorns

leaves

gulab jamun

sherbet

ice cream



jelly

ribbons

cake

spinach

chocolate

stones

E. Find out.

- The number of vegetarians in my class are \_\_\_\_\_
- The number of non-vegetarians in my class are \_\_\_\_\_

