STEPPING STONE SCHOOL (HIGH)

CLASS: 1

SUB: Environmental Studies

WORKSHEET: 5 DATE: 06.05.20

TOPIC: THE FOOD WE EAT

TIME LIMIT: 30 MINUTES

Please read the notes carefully and on the basis of it copy down the question and solve them on a sheet of paper data wise. Keep the worksheet ready in a file to be submitted on the opening day .

KINDS OF FOOD

We eat many kinds of food ----rice, chapati, eggs, fruits, vegetables ,fish , chicken ,butter ,milk , juice ,curds ,nuts etc.

Some food items give us energy to do work and play.

Some foods help us to grow strong.

Some foods are eaten raw, while some are cooked before eating.

Food should be cleaned and properly cooked.

Fruits, nuts and some vegetables like carrot, tomato and radish are eaten raw.

It is important to eat fresh food.

WORKSHEET 5

I) SPELLINGS (learn the spellings thoroughly)

1. Rice.
2. Chapati.
3. Items.
4. Raw.
5. Cooked.
6. Clean.
7. Fresh.

II) FILL IN THE BLANKS

1. Some food items give us energy to do_____and _____.
2. Some foods are eaten _____, while some are _____ before eating.
3. Food should be _____ and properly _____.
4. It is important to eat _____food.

III) STATE TRUE OR FALSE.

1. Some foods can be eaten raw _____.
2. We eat many kinds of food _____.
3. Foods do not give us energy_____.
4. Vegetables should be cleaned before cooked_____.