

LORD BUDDHA NATIONAL PUBLIC SCHOOL
SARAI BIKA JAUNPUR
CLASS - 1
SUBJECT - E.V.S.

CHAPTER - 6 FOOD WE EAT

Topic - Food We Eat

When you return from school, you feel hungry. You need food as soon as you reach home.

- All of us need food.
- Food gives us energy to work and play.
- It help us to grow.
- It also makes us strong and keep us healthy.

Meals of the day

Food eaten at a fixed time of the day is called meal.
We mostly eat three meals in a day.

- 1- We eat breakfast in the morning.
- 2- After noon, we eat lunch.
- 3- In the night, we eat dinner.

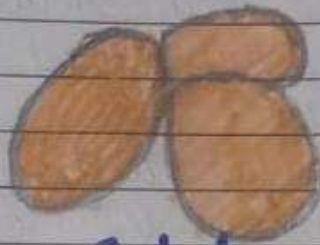
H.W.

Read and write "Food We Eat" (2 times)

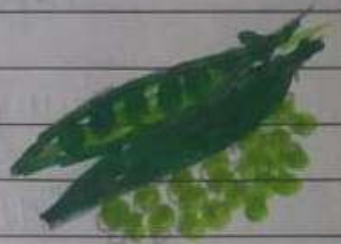
Food from Plants — We get lot of food from plants. All vegetables and fruits come from plants. Plants also give us food grains like wheat, rice and pulses, such as:—



Tomato



Potato



Peas



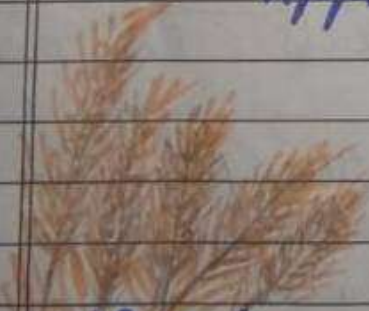
Apple



Orange



Mango



Wheat



Rice



Corn

H.W.

Learn and write "Food from plants" (2 times)

Food from Animals —

Animals also provide us with many food items like Milk, Meat and Eggs. Milk is a complete food.

We make a lot of other items like cheese, paneer and butter from milk. Ice-cream is also made from milk.

such as —

Butter

Cheese

Paneer

Ice-Cream

Good eating Habits —

- Wash your hands before eating your food.
- Eat slowly.
- Chew your food well.
- Do not over eat.
- Do not watch TV while having your food.
- Do not speak while eating.
- We must drink 6-8 glasses of water everyday.
- Too much sweets can spoil our teeth.

H.W.

Learn and write 'Good eating Habits' (2 times)

Write the meaning of words.

1 -	Meals	भोजन का समूह
2 -	Uncovered	अनावृत
3 -	Grains	अनाज
4 -	Chew	चाबना
5 -	Food	भोजन
6 -	Plants	पौधे
7 -	Grow	उगना
8 -	Energy	ऊर्जा
9 -	Every day	प्रतिदिन
10 -	Wheat	गेहूँ
11 -	Cheese	पनीर
12 -	Item	वस्तु

H.W.

Learn and write word meaning (2 times)

A

Tick (✓) the right answer.

- 1- We eat breakfast in morning a- morning b- afternoon c- night
- 2- Wheat does not come from animals.
- 3- We make cheese from milk. a- milk b- banana c- wheat
- 4- Fruits a- Fruits b- milk c- vegetable

B

Match the following.

- | | | |
|-----------|--------------|----------|
| 1- Egg | → | a- Fruit |
| 2- pulses | → | b- milk |
| 3- Butter | → | c- Grain |
| 4- Apple | → | d- Hen |

C

Fill in the blanks with the words given below.

Sweets energy milk three

- 1- Food gives us energy to work and play.
- 2- We eat three meals in a day.
- 3- Milk is a complete food.
- 4- We should not eat lot of sweet.

H.W.

Rewrite and learn the given 'Tick (✓) the correct and 'fill in the blanks (2 times)

State True and False -

Plants give us fruits and vegetables. (T)

We have lunch in the morning. (F)

We should wash our hands before eating. (T)

We should chew our food well. (T)

Answer the following questions.

Que. 1 - Write the name of two food items we get from plants.

Ans. 1 - Wheat 2 - Rice

Que. 2 - Why do we need food?

Ans. We eat food to grow to get energy and to stay healthy.

Que. 3 - Name the three meals of the day.

1 - Breakfast 2 - Lunch 3 - Dinner

Circle the odd one -

- 1 - Wheat (Mango) Pulse Milk
- 2 - Paneer (Salad) Butter Ice-cream
- 3 - Egg milk meat (Rice)

H.W.

Draw your favourite and vegetable and colour it.

