

**SESSION :3**  
**CLASS: I**  
**SUBJECT: EVS**  
**CHAPTER NUMBER: 5**  
**CHAPTER NAME: THE FOOD WE EAT**  
**SUBTOPIC: FRUITS AND VEGETABLES, TEXTUAL**  
**QUESTIONS- COMPLETE THE SENTENCES, MARK**  
**TRUE OR NOT TRUE.**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE :

To enable the learner to know about-

- The name of some fruits and vegetables.
- They will be able to answer the questions from the chapter.



**THE FOOD  
WE EAT**

# Activity Time

What do you like to eat for breakfast?

What do you like to eat for lunch?

What do you like to eat for dinner?



## **BREAKFAST**

The meal we eat in the morning  
time is called our  
**BREAKFAST**

## **LUNCH**

The meal we eat in the  
afternoon is called our **LUNCH**

## **DINNER**

The meal we eat in the  
evening/at night is  
called our **DINNER**



# Drinking water



**With our  
regular food ,  
We must drink  
plenty of water  
everyday.**

## FOODS LIKE



**RICE**



**ROTI**



**BUTTER**



**BREAD**



**SUGAR**

**These kinds of food give us energy to work and play**



# FOODS LIKE



**MILK**



**PULSES/DAL**



**EGG**



**FISH**



**MEAT**

**These kind of foods help us to grow big and strong.**





## FOODS LIKE



**FRUITS**



**VEGETABLES**

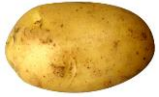
**Foods like fruits and vegetables help our body to fight diseases and stay healthy.**

**We should eat all kinds of food to stay healthy.**



C.W

## VEGETABLES



Potato



Onion



Tomato



Cauliflower



Brinjal



Carrot

## FRUITS



Mango



Apple



Banana



Orange



Grapes



Pineapple

**Q1. Complete these sentences.**

(1) I eat bread, butter, egg, fruit and milk  
for breakfast.

(2) I eat rice, dal, paneer, vegetable curry and salad  
for lunch.

(3) I eat chappati, vegetable curry, dal, chicken, and salad  
for dinner.

**Q2. Mark the sentences as true (✓) or not true (x).**

1. We need food to grow.

 ✓

2. We eat dinner in the morning.

 x

3. We eat lunch in the afternoon.

 ✓

4. We must drink plenty of water.

 ✓

5. We must eat breakfast in the morning.

 ✓

# Home Assignment:

**Draw or paste the picture of different types of food in your notebook and write their names.**

## LEARNING OUTCOME:

- The learner will be able to know about the name of some fruits and vegetables. They will be able to answer the questions from the chapter.

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**