SESSION:4
CLASS: I
SUBJECT: EVS
CHAPTER NUMBER: 5
CHAPTER NAME: THE FOOD WE EAT
SUBTOPIC: TEXTUAL QUESTIONS- CHOOSE YOUR FAVOURITE FRUITS AND VEGETABLES, MATCH THE PICTURES WITH THEIR NAMES, TICK THE CORRECT WORD.

To enable the learner

- to know about their favourite fruits and vegetables
- They also will be able to answer the questions from the chapter.

THE FOOD WE EAT

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

Different types of food

Foods like rice, chappatis, bread, butter and sugar give us energy to work and play

Foods like milk, egg, fish, meat and pulses help us to grow big and strong.

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

We should eat all kinds of food to stay healthy.

Activity Time

Identify the pictures.

Pineapple

Fruits

Fish

Carrot
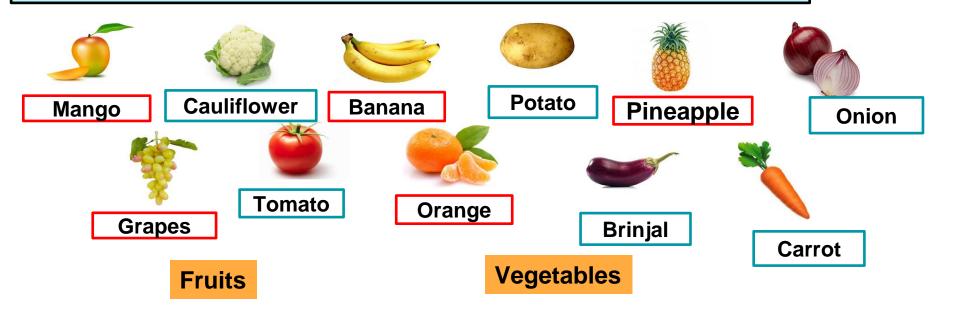
Chappati

Egg

Rice

Sugar

Butter

❖ Here are pictures of some fruits and vegetables. Choose three fruits and three vegetables you like to eat and write their names in the blanks.
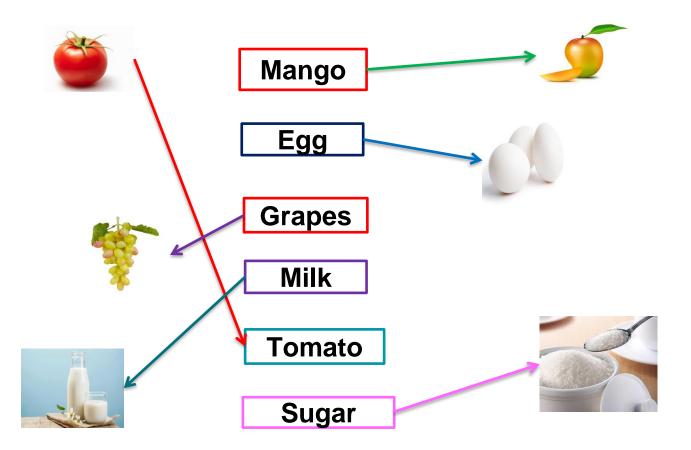
Mango

Cauliflower

Banana

Potato

Pineapple

Onion

Grapes

Tomato

Orange

Brinjal

Carrot

Fruits

1. **Mango**

2. **Banana**

3. **Grapes**

Vegetables

1. **Tomato**

2. **Carrot**

3. **Cauliflower**

Mango

Egg

Grapes

Milk

Tomato

Sugar
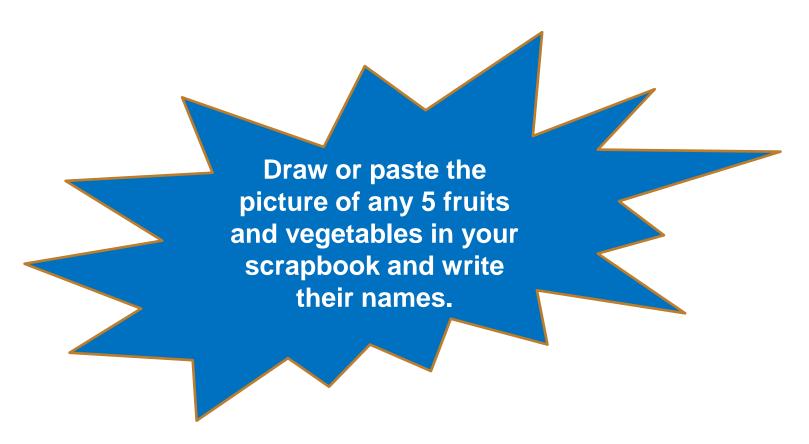
1. I eat (lunch/dinner) at night. ✓

2. Banana is a (fruit/vegetable). ✓

3. I must drink plenty of (cold drinks/water) to stay healthy. ✓

4. Food that gives me energy is (bread and butter/ fish and egg). ✓

5. (Fruits and vegetables/ Rice and chappatis/ Milk and eggs) ✓
help the body to fight disease.

Home Assignment:

Draw or paste the picture of any 5 fruits and vegetables in your scrapbook and write their names.

➢ The learner will be able to know their favorite fruits and vegetables and answer the questions from the chapter.

THANKING YOU
ODM EDUCATIONAL GROUP