

**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 FALSE**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE :

- Students will be able to know the name of some fruits and vegetables and also they will be able to think which statement is true and which is false.



**THE FOOD  
WE EAT**

# Activity Time

What do you like to eat in breakfast?

What do you like to eat in lunch?

What do you like to eat in 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.**

# NEW WORDS

SUGAR

DINNER

CHAPPATI

BREAKFAST

FRUITS

VEGETABLE

DISEASE

GROW

RICE

LUNCH

HEALTHY

PULSES

ENERGY

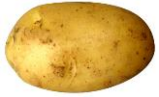
BUTTER

BREAD



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.**

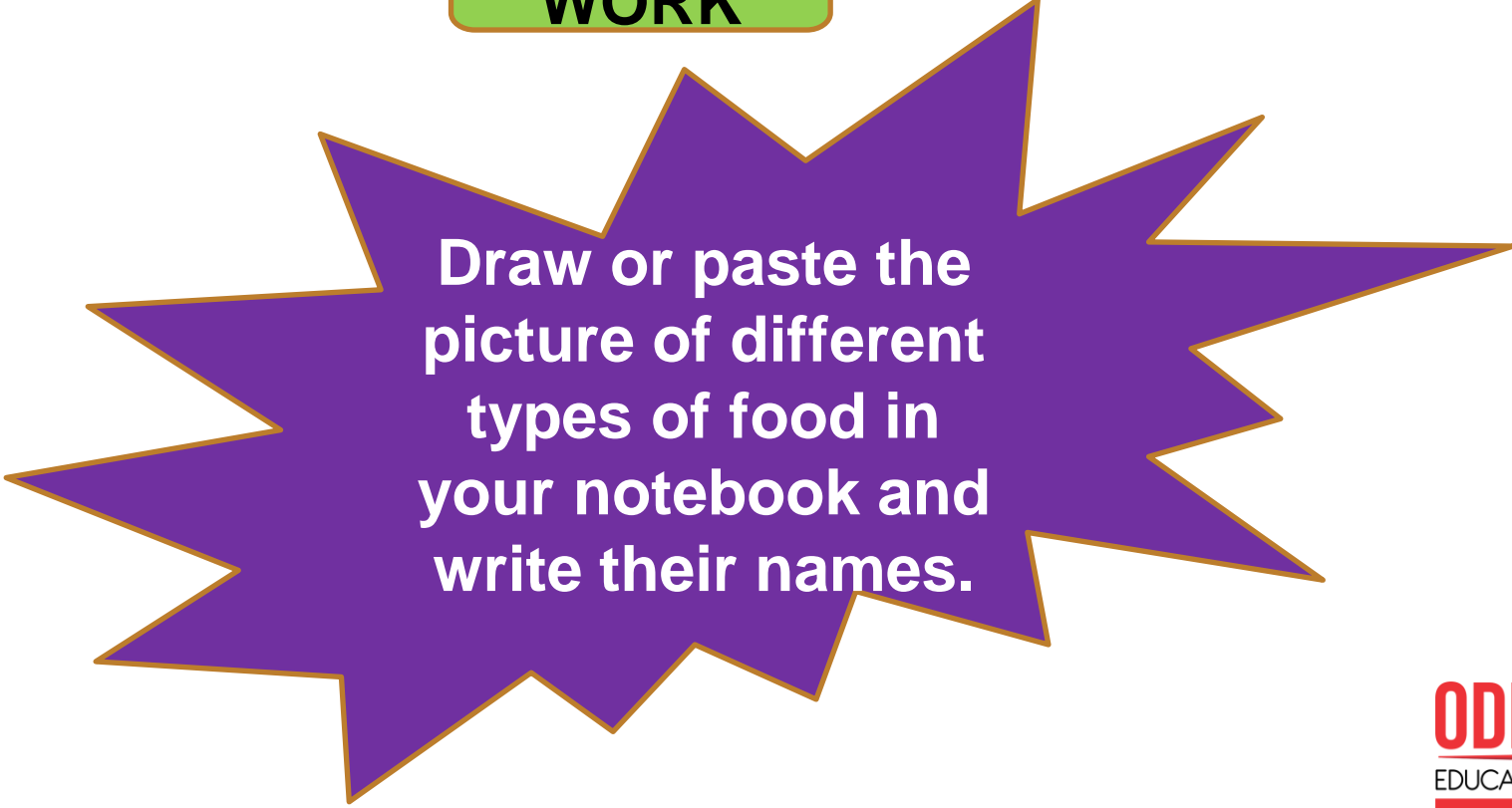
 ✓

**5. We must eat breakfast in the morning.**

 ✓



# HOME WORK



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

## LEARNING OUTCOME:

- Students are able to know about the name of some fruits and vegetables and also they can identify which statement is true and which is false.

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