

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.**

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

- Students will be able to know about their favourite fruits and vegetables and also solve 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.

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.

 ✓

Activity Time

Identify the pictures.



Pineapple



Fruits



Fish



Carrot



Chappati



Egg



Rice



Sugar



Butter



Q3. 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

Q4. Match the pictures with their names.



Mango



Egg



Grapes



Milk



Tomato



Sugar



Q5. Tick the correct word.

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.

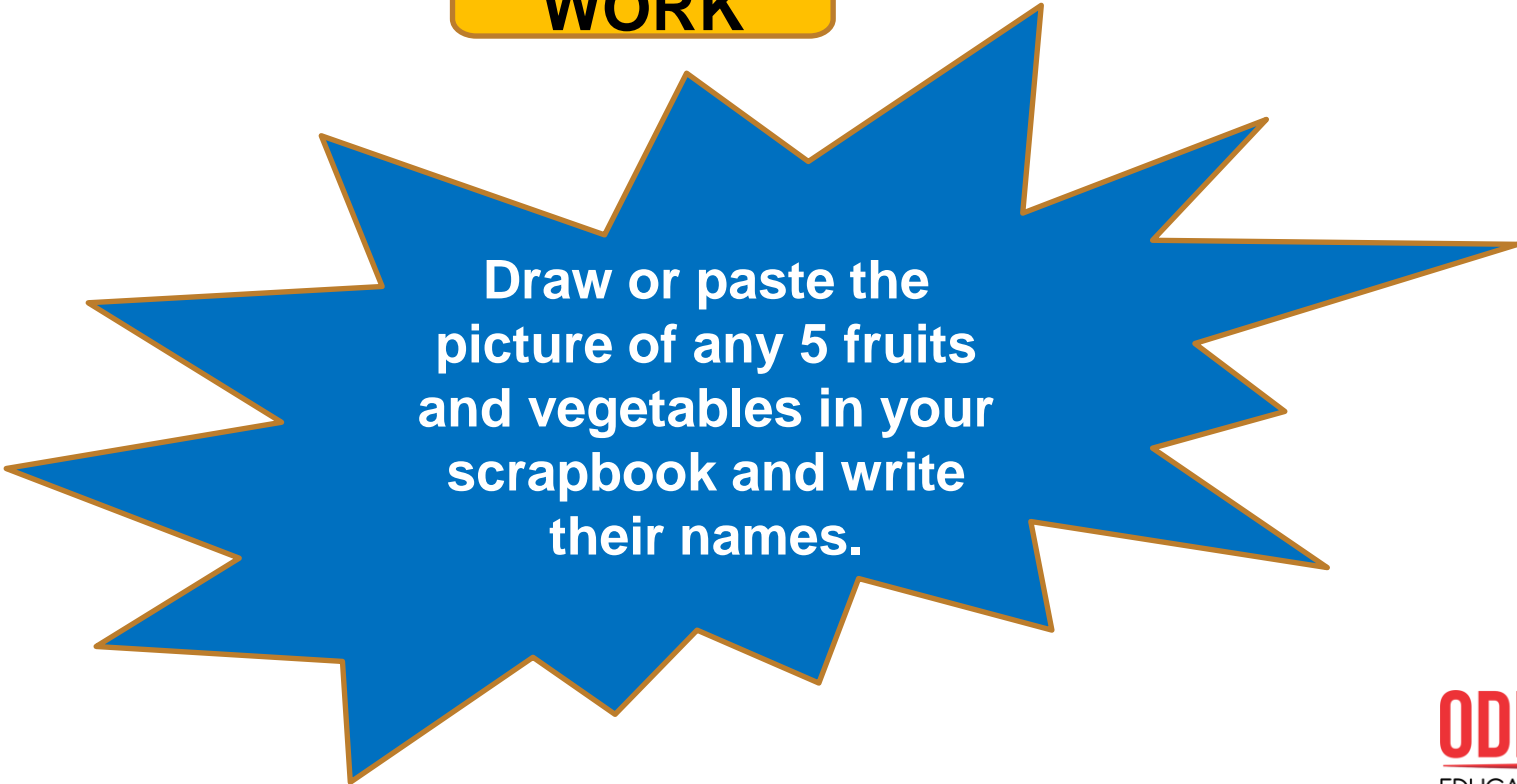
4. Food that gives me energy is (bread and butter/ fish and egg).

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





HOME WORK



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

LEARNING OUTCOME:

- Students are able to know their favorite fruits and vegetables and give answer of the questions in their book.

THANKING YOU
ODM EDUCATIONAL GROUP