

SESSION :5
CLASS : I
SUBJECT : EVS
CHAPTER NUMBER: 5
CHAPTER NAME : THE FOOD WE EAT
SUBTOPIC :EXTRA QUESTIONS- DO AS DIRECTED,
ANSWER THE FOLLOWING QUESTIONS.

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

- Students will be able to give answer of some extra questions from the chapter taught..

A top-down view of a diverse selection of fresh produce, including a red bell pepper, cucumber, orange, cauliflower, kiwi, apple, carrot, tomato, and avocado, arranged in a circular pattern around a central white box with a green oval containing the text.

THE FOOD WE EAT

Activity Time

Unscramble the words

DOOF

FOOD

GOMAN

MANGO

GARSU

SUGAR

OTCARR

CARROT

ITFRU

FRUIT

CHLUN

LUNCH

ERDINN

DINNER

TERWA

WATER

ONGSTR

STRONG

OWGR

GROW





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.

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.



Q1. Do as directed.

Write three names from each.

a) Name of the food which help us to grow-

Ans. Pulses, egg, fish.

b) Name of the food that gives us energy-

Ans. Rice, bread, sugar.

c) Name of the fruit that you like to eat -

Ans. Mango, banana, grapes.

d) Name of your favourite vegetables -

Ans. Tomato, carrot, cauliflower.



Answer the following questions

1. Which meal do you take in the afternoon?

Ans. I take lunch in the afternoon.

2. How many meals do you take in a day?

Ans. We take three meals in a day.

3. Which food helps your body to fight diseases?

Ans. Fruits and vegetables helps our body to fight diseases.

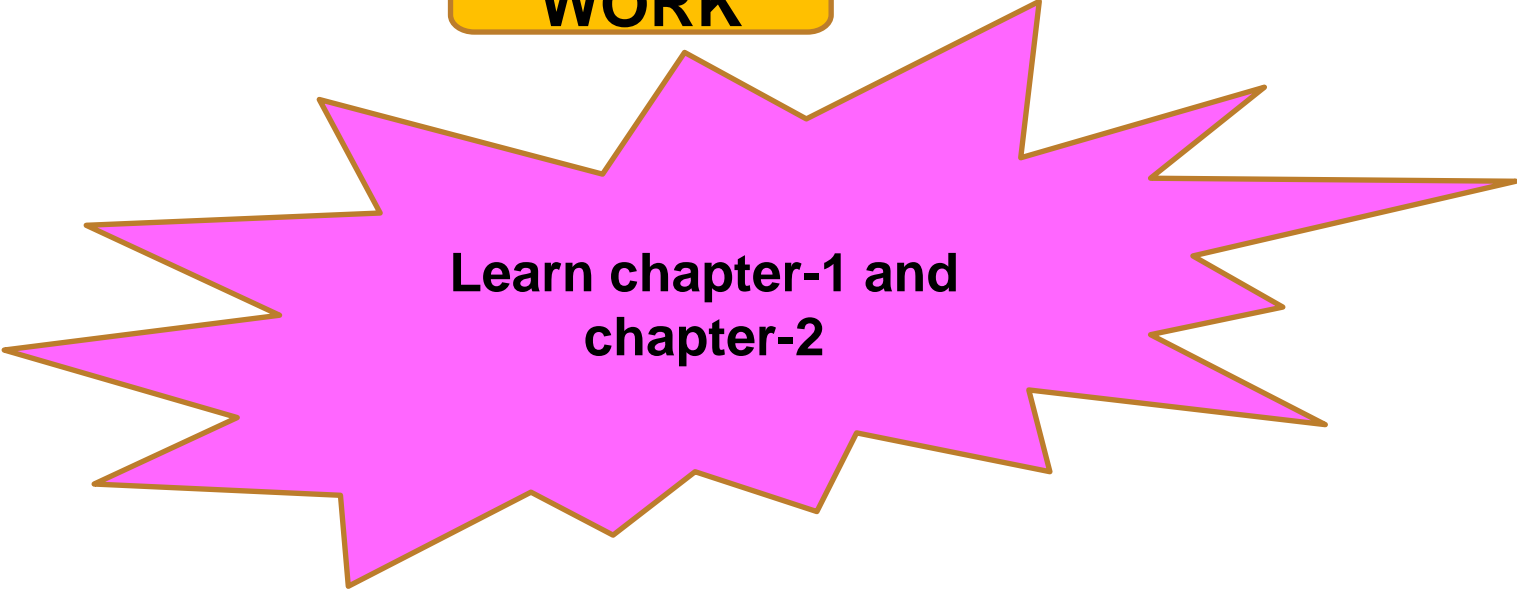
4. Which meal do you take in the morning?

Ans. I take breakfast in the morning.





**HOME
WORK**



**Learn chapter-1 and
chapter-2**

LEARNING OUTCOME:

- Students are able to give answer of some extra questions from the chapter taught..

THANKING YOU
ODM EDUCATIONAL GROUP