

**SESSION :12**

**CLASS : I**

**SUBJECT : EVS**

**CHAPTER NUMBER: 5**

**CHAPTER NAME : THE FOOD WE EAT**

**SUBTOPIC : CLASS TEST,ACTIVITY- LET'S MAKE SANDWICH.**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE :

- To evaluate the knowledge of the students and to give knowledge of making sandwich.



**THE FOOD  
WE EAT**

# Activity Time

## Riddles

I am a yellow fruit. I am little long. you can peel me and eat me.



I am white in colour and sweet in taste. I help you to get energy. You can add me in tea or juice to get the sweet taste.



I have a white cover from outside. I get laid by hen. I help you to grow.



I live in water. I have fin to swim. You eat me as fry or curry. I help you to grow.



I can be spread on your bread. I help you to get energy. I'm a product of milk.





## **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.**

Q1. Tick the correct word.

1. Carrot is a (fruit/vegetable).
2. I eat breakfast in the (morning/afternoon).
3. We must drink (clean/dirty) water.
4. We eat (6/3) meals in a day.
5. Bread and butter gives you (grow/energy).



Q2. Answer in one word .

1. We eat lunch in –
2. Fish, pulses, egg helps our body to –
3. We must drink plenty of -
4. Rice, sugar, butter gives us –
5. Breakfast you eat in the –





Q1. Tick the correct word.

1. Carrot is a (fruit/vegetable). ✓

2. I eat breakfast in the (morning/afternoon). ✓

3. We must drink (clean/dirty) water. ✓

4. We eat (6/3) meals in a day. ✓

5. Bread and butter gives you (grow/energy). ✓



Q2. Answer in one word .

1. We eat lunch in – Afternoon
2. Fish, pulses, egg helps our body to – grow
3. We must drink plenty of - water
4. Rice, sugar, butter gives us – energy
5. Breakfast you eat in the – Morning



# Activity Time

Let's  
make  
sandwich



## LEARNING OUTCOME:

- Students are able to give answer of the chapter taught and also learn making of sandwich.

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