



INDIAN SCHOOL DARSAIT
PRACTICE WORK SHEET
OUR FOOD
ENVIRONMENTAL STUDIES



Name :

Date:

Class : I Sec :

Roll No:

I. Name the following :-

1. Two food grains.

2. The meal that we take in the afternoon.

3. Two things that we make from milk.

4. Two food items that you should avoid.

II. Answer the following :-

1. Name two good food habits.

2. Why do we need food ?

III. Fill in the blanks with the words given below :-

breakfast plants three Milk healthy

1. Food makes us strong and _____
2. We get fruits and vegetables from _____
3. We eat _____ meals in a day.
4. _____ is a complete food.
5. We take _____ in the morning.

IV. Tick (✓) the pictures that show good food habit :-

