

STD 1 EVS

REVISION CHAPTER 3 – MY NEEDS – FOOD WE EAT

1. Fill in the blanks:
 - a. We eat food three times a day.
 - b. We should always eat fresh food.
 - c. Food gives us energy to work and play.
 - d. We drink water and milk.
 - e. We get food from plants and animals.

2. Answer the following:
 - a. Why do we need food?

Ans: We need food to grow. It makes us strong and healthy. It gives us energy and protects our body.

- b. Name three food items we get from plants.

Ans: The three food items we get from plants are:

- a. Fruits
 - b. Vegetables
 - c. Grains

- d.