

**ASSIGNMENT**

**CLASS 1**

**EVS**

**CHAPTER -3 ( MY NEEDS-FOOD WE EAT )**

**TO BE DONE IN THE EVS COPY.**

- 1.** Name three food items that we get from animals ?

Ans : The three food items that we get from animals are:

1. Milk
2. Meat/eggs and
3. Honey

**TO BE DONE IN THE EVS BOOK.**

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**A. WRITE TRUE OR FALSE.**

1. We eat dinner in the afternoon. **FALSE**
2. We should eat junk food daily. **FALSE**
3. Food helps us to grow. **TRUE**
4. We get milk and meat from animals. **TRUE**
5. Meat can be eaten raw. **FALSE**
6. As we grow up we eat only mashed food. **FALSE**

**B. FILL IN THE BLANKS WITH THE WORDS GIVEN IN THE BOX.**

energy	Plants	fresh	three	milk
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1. We eat food **three** times a day.
2. We should always eat **fresh** food.
3. Food gives us **energy** to work and play.
4. We drink water and **milk**.
5. We get food from **plants** and animals.

**DO THE ACTIVITY ON PAGE 17.**

CROSS OUT THE UNHEALTHY FOOD, COLOUR THE HEALTHY FOOD.



