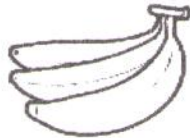


**INDIAN SCHOOL MUSCAT
PRIMARY SECTION**

Subject : EVS	Term I	Worksheet No. 4
Topic : The Food We Eat	Name:	
Resource Person : Ms. Meenakshi Durairaj	Class: I	Sec:
Teacher's Signature:	Date:	

I. Complete the following.

1. B ___ N ___ N ___



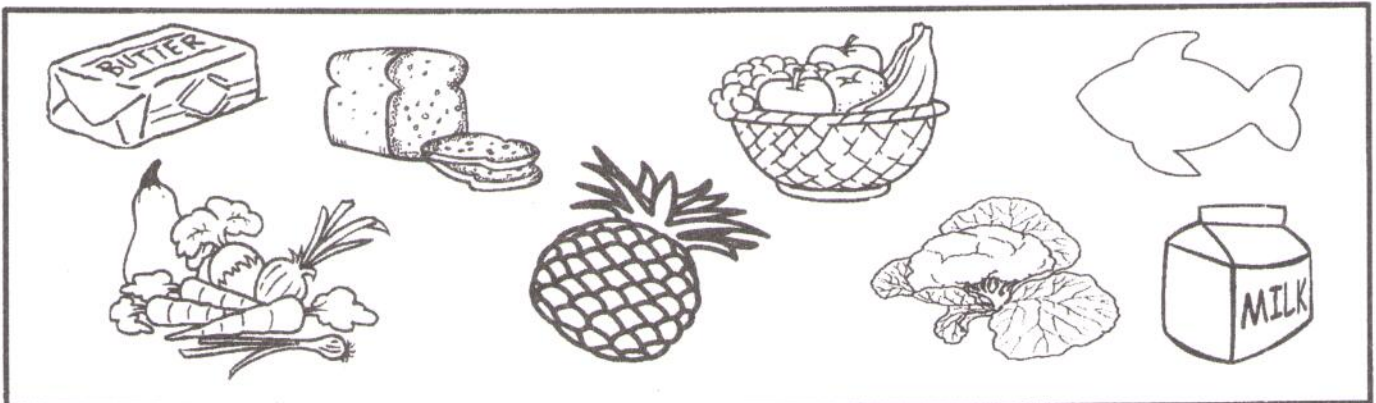
2. C ___ R ___



II. Food gives us energy to do various activities every day.

Colour the food items as instructed.

- Green - Gives energy to **work** and **play**.
- Blue - Helps us to **grow**.
- Red - Keeps us **strong** and **healthy**.



III. Tick the correct statements.

1. Eat clean and fresh food.
2. Eat with your mouth closed.
3. Wipe your mouth on your sleeve.
4. Wash your hands before and after eating.



Food tastes better when you eat it with your family.