

St. Mary's Co-Ed School
Subject—E. V. S
Chapter ---- 6 Food we eat
Class—I

Q. 1 Tick (✓) the correct option :

1. Dinner is the last meal of the day.

- A. Breakfast
- B. Dinner (✓)
- C. Brunch
- D. Lunch

2. Food gives us energy.

- ☒ A. Energy (✓)
- B. Growth
- C. Health
- D. All of these

3. Duck give us eggs.

- A. Duck (✓)
- B. Cow
- C. Buffalo
- D. Goat

4. Curd is a milk product.

- A. Tomato
- B. Apple
- C. Rice
- D. Curd (✓)

Q. 2 Fill in the blanks:

- | | |
|--|-------------------|
| 1. We get <u>milk</u> from cow. | (Milk / eggs) |
| 2. We get fruits and vegetables from <u>plants</u> . | (plants/ animal) |
| 3. We mostly have <u>three</u> meals in a day. | (two/ three) |
| 4. We should avoid <u>junk</u> food. | (healthy / junk) |

Q. 3 State True Or False:

1. We eat lunch in the morning. [F]
2. Food give us energy to play and work. [T]
3. We should eat food from roadside shops. [F]
4. We must drink at least 6 to 8 glasses of milk daily. [F]
5. Ice cream is made from milk. [T]

Q. 4 Oral Questions:

Q 1. What do you like to eat for breakfast?

Ans. Bread butter and milk.

Q 2. At what time do you have your dinner your dinner?

Ans. At 8 Pm.

Q3. What do you have for lunch mostly?

Ans. Dal , rice.

Q 4. How many glasses of milk do you drink daily?

Ans. 2 glasses of milk.

Q 5. Very short Answer Questions:

Q 1. Why do we need food?

Ans. To live and grow.

Q 2. What are the different sources of food?

Ans. Plants and animals.

Q 3. Name the three meals of that we eat?

Ans. Breakfast, lunch and dinner.

Q 4. How do people from mountains and deserts get milk?

Ans. People on mountain gets milk from Yak and in desserts gets milk from camel.

Q 5. Write any five milk products?

Ans. Curd, butter, ghee, paneer and cheese.

