

SESSION :3

CLASS : I

SUBJECT : EVS

CHAPTER NUMBER: 5

CHAPTER NAME : THE FOOD WE EAT

SUBTOPIC : FRUITS AND VEGETABLES,TEXTUAL

**QUESTIONS- COMPLETE THE SENTENCES, MARK
TRUE OR FALSE**

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

- Students will be able to know the name of some fruits and vegetables and also they will be able to think which statement is true and which is false.



THE FOOD WE EAT

Activity Time

What do you like to eat in breakfast?

What do you like to eat in lunch?

What do you like to eat in dinner?



BREAKFAST

**The meal we eat in the morning
time is called our
BREAKFAST**



LUNCH

**The meal we eat in the
afternoon is called our LUNCH**

DINNER

**The meal we eat in the
evening/at night is
called our DINNER**

Drinking water



With our
regular food ,
We must drink
plenty of water
everyday.

Foods like



RICE



ROTI



BUTTER



BREAD



SUGAR



These kinds of food give us energy to work and play



Foods like



MILK



PULSES/DAL



EGG



FISH



MEAT



These kind of foods help us to grow big and strong.



Foods like



FRUITS



VEGETABLES

Foods like fruits and vegetables help our body to fight diseases and stay healthy.

We should eat all kinds of food to stay healthy.

NEW WORDS

SUGAR

DINNER

CHAPPATI

BREAKFAST

FRUITS

VEGETABLE

DISEASE

GROW

RICE

LUNCH

HEALTHY

PULSES

ENERGY

BUTTER

BREAD



C.W

VEGETABLES



Potato



Onion



Tomato



Cauliflower



Brinjal



Carrot

FRUITS



Mango



Apple



Banana



Orange



Grapes



Pineapple

Q1. Complete these sentences.

**(1) I eat bread, butter, egg, fruit and milk
for breakfast.**

**(2) I eat rice, dal, paneer, vegetable curry and salad
for lunch.**

**(3) I eat chappati, vegetable curry, dal, chicken and salad
for dinner.**

Q2. Mark the sentences as true (✓) or not true (x).

1. We need food to grow.

2. We eat dinner in the morning.

3. We eat lunch in the afternoon.

4. We must drink plenty of water.

5. We must eat breakfast in the morning.

HOME WORK

Draw or paste the
picture of different
types of food in
your notebook and
write their names.

LEARNING OUTCOME:

- Students are able to know about the name of some fruits and vegetables and also they can identify which statement is true and which is false.

**THANKING YOU
ODM EDUCATIONAL GROUP**