

29.10.19 EVS T.T STD:I

I. ANSWER WITH YES/NO 3 X 1 = 3

1. Should I go late to bed? _____

2. Can I Overeat? _____

3. Should I eat healthy food? _____

II. Write any two for the following 1 X 1 = 1

Meat Products = _____

III. Circle the healthy foods 1 MARKS

Fruit, Egg, Pizza, Burger

IV. Circle the correct answer 2 X 1 = 2

1. Which is rich in vitamin – A ?

Groundnut oil / Cod Liver Oil

2. Which food gets digested easily at night ?

Fruits / Mutton

V. Write the food you take for breakfast lunch and dinner on

your own 3 X 1 = 3

1. Breakfast = _____ 2. Lunch = _____ 3. Supper = _____