

Date: 01.07.2024 Teachers: Mrs. Harminder Kaur, Mrs. Navjot Kaur

Topic: I. Our Food

In this week assignment we will do the exercises in the Note Book. Lesson: Our Food Revision will be done and then we will do in Note Book.

SI Fill in the blanks (03.06.24 Wednesday)

1. All living things need food to eat.
2. The two sources of food are plants and animals.
3. We eat three meals in a day.
4. The food eaten at particular time of the day is called a meal.
5. The food items that are made from milk are called dairy products.
6. Food gives us energy to work and play.
7. We eat breakfast in the morning.
8. We eat lunch in the afternoon.
9. We eat dinner at night.
10. Milk is a complete food.

8II Write True or False (04.06.2024 Thursday)

1. We all need food to grow. True
2. We must eat in a hurry. False
3. We should waste food. False
4. Eating food in clean dish is a good habit. True
5. We must drink very little water. False
6. We must always eat junk food. False

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QIII Tick the correct option (05.06.2024 Friday).

1. We eat food (three / six) times a day.
2. Junk food is (good / bad) for health.
3. We (can / cannot) live without food.
4. Fish is a (vegetarian / non-vegetarian) food.

QIV Draw and colour 2 fruits and 2 vegetables of your choice and write the names of it.

2 Fruits

2 Vegetables

Scrap File Work

Paste the pictures of products we get from plants and animals

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