

DAV PUBLIC SCHOOL, PRATAP VIHAR, GHAZIABAD

CLASS-1

WORKSHEET TOPIC- OUR FOOD AND KEEPING HEALTHY

NAME: _____

Fill in the blanks:

1. we must eat _____ meals in a day.

2. we have _____ in the night.

3. wheat is a _____.

4. we should avoid overcooked and _____ food.

5. Cycling and swimming are good _____.

6. we must rest when we feel _____.

7. If we keep our body _____, we will fall ill.

Identify the given picture and write whether it is a **fruit**, **vegetable**, **grain**, **pulses** or **meat** in the given space

1.		1. _____
2.		2. _____
3.		3. _____
4.		4. _____
5.		5. _____