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 weather it is a fruit, vegetable, grain , pulses or meat in the given space

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