

CBSE Class 1 EVS Worksheet

1. Where do we get honey from?
2. State True or False: We should eat healthy food.
 - A) true
 - B) false
3. What is the use of egg and meat?
4. Which is the most important meal of the day?
5. State True or False: Fish is good for muscles.
 - A) true
 - B) false
6. How is milk useful to us?
7. State True or False: Breakfast is taken in evening.
 - A) true
 - B) false
8. State True or False: We eat flower of broccoli plant.
 - A) true
 - B) false
9. Choose the correct option: Toffees, chips etc. are not good for _____.
 - A) lunch
 - B) dinner
 - C) health
 - D) running
10. When do we have dinner?
11. Name the plants whose leaves are edible?

12. State True or False: We can work and play due to energy obtained from food.

- A) true
- B) false

13. Choose the correct option: Dinner is taken in _____.

- A) morning
- B) evening
- C) noon
- D) night

14. Choose the correct option: We have _____ meals a day.

- A) one
- B) two
- C) three
- D) four

15. State True or False: Food does not gives us energy.

- A) true
- B) false

16. State True or False: We eat one meal a day.

- A) true
- B) false

17. Name the plants whose roots are edible?

18. Choose the correct option: We get milk from _____.

- A) cow
- B) lizard
- C) cockroach
- D) silkworm

19. State True or False: Lunch is done in noon.

- A) true
- B) false

20. Choose the correct option: Lettuce is the _____ of the plant we eat.

A) root

B) leaf

C) stem

D) flower

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Answers

1. We get honey from honeybee.
2. Option A
3. Egg, meat and fish are important for muscle growth.
4. Breakfast is the most important meal of the day.
5. Option A
6. Milk and milk products keep our teeth and bones healthy.
7. Option B
8. Option A
9. Option C
10. Dinner is the meal we eat in the evening.
11. We eat leaves of spinach, lettuce, cabbage and mint.
12. Option A
13. Option B
14. Option C
15. Option B
16. Option B
17. We eat roots of carrot, beetroot, turnip and radish.
18. Option A
19. Option A
20. Option B