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