

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