



# Brain International School

Recognised Senior Secondary School, Affiliated to CBSE  
Vikas Puri, New Delhi

## EVS WORKSHEET (2024-25)

### CH-6- MY FOOD HABITS

NAME: \_\_\_\_\_

CLASS: I- \_\_\_\_\_

DATE: \_\_\_\_\_

1. Identify the food items, write there correct names in the given boxes. Colour the healthy food box with green colour and unhealthy food box with red colour.



pizza



bananas



strawberries



eggs



oranges



pasta



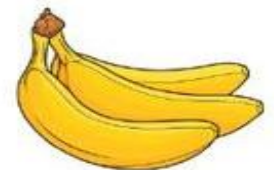
grapes



burger



rice



apples



ice cream



carrots

2. Recognise the food items and write them in the correct food group.



TUNA



BANANA



CEREAL BAR



CHICKEN



SPINACH



PEACH



LETTUCE



CARROT



MILK



BREAD



SARDINE



YOGHURT

DAIRY	GRAINS
FRUITS	VEGETABLES
FISH AND MEATS	



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## EVS WORKSHEET (2024-25)

### CH-7- KEEPING HEALTHY AND SAFE

NAME: \_\_\_\_\_


CLASS: I- \_\_\_\_\_

DATE: \_\_\_\_\_

1. Is it a good habit? Colour the YES and NO box with yellow colour.



YES	NO
-----	----



YES	NO
-----	----



YES	NO
-----	----



YES	NO
-----	----




YES	NO
-----	----



YES	NO
-----	----



YES	NO
-----	----

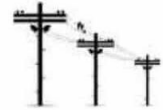
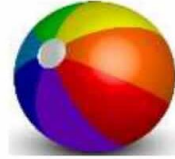


YES	NO
-----	----



YES	NO
-----	----

2. Circle the things which are not safe to touch.



3. Fill in the blanks with the words given below:

blade

zebra crossing

footpath

fire

a) We should not play with \_\_\_\_\_.

b) Always cross the road at the \_\_\_\_\_.

c) Matchsticks can cause \_\_\_\_\_.

d) We should always walk on the \_\_\_\_\_.