

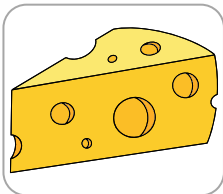


EVS Worksheet (JULY)

Session: 2026-27

Name: _____ Grade: _____ Date: _____

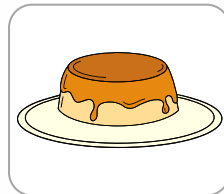
Q1. Identify each food item and mark the correct option.

☐

Healthy

☐

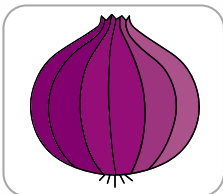
Unhealthy

☐

Healthy

☐

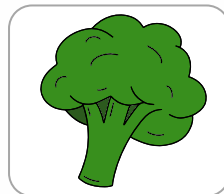
Unhealthy

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Healthy

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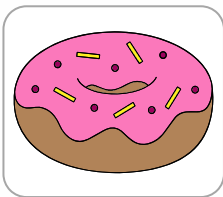
Unhealthy

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Healthy

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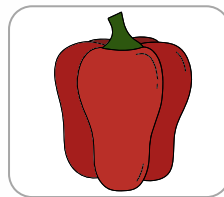
Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

Q2. Fill in the blanks.

- a) _____ fibre comes from plants.
- b) We should drink plenty of _____ to stay fit and healthy.
- c) Clothes protect our body from heat, _____ and dust.
- d) We should eat all types of food to stay _____.

Q3. Circle the odd one out.

a)



b)



Q4. Classify the following food items into the correct groups and write them in the given columns.



ENERGY-GIVING FOOD	BODY-BUILDING FOOD	PROTECTIVE FOOD

Q5. Answer the following questions.

a) Why do we wear clothes?

b) Write any two healthy eating habits.

Q6. Unjumble the letters to make meaningful words.

a) H A K I D - _____

b) E R L E C A S - _____

c) I L K S - _____