



Brain International School

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

E.V.S WORKSHEET (OCTOBER)

GRADE- PREP

Name: _____ Date: _____

Look at the pictures given below. Circle the healthy foods and put a cross (X) on the unhealthy foods.



Apple



Chips



Banana



Donut



Broccoli



French Fries



Milk



Lollipop



Carrot



Chocolate



Salad



Soft Drink



Dal



Cupcake



Spinach



Pizza



Healthy food gives us energy, helps us grow and keeps us fit!
Choose healthy food every day!

