



Question bank

Grade 1- EVS

Chapter 2-The food we eat

QUESTIONS

1. Why do we need to eat food?
2. Name any three foods that help us to stay healthy.
3. Name two foods that we get from plants.
4. Name two foods that we get from animals
5. Why do we need water?
6. Write three good eating habits.
7. Why should we not eat junk food?
8. Name the three meals of the day.
9. Name any three milk products.
10. What kind of food should we eat?
11. When do we eat food?
12. We can eat some food like cucumber and carrot without cooking them.
What do we call it?
13. What is a balanced diet?
14. What do we call those people who eat plant products?
15. How do fruits help us?
16. What are the three main types of food?
17. How many glasses of water should we drink every day?
18. What are the two sources of food?
19. Name any two vegetables which can be eaten raw.
20. Name the two fruits which you like to eat.
21. What do we call a skilled professional cook?
22. What is a kitchen?
23. What do we call a person who includes meat in his diet every day?
24. Why should children drink milk every day?
25. Which food item gives energy to play and work?
26. Which food item protects us from diseases?
27. Which food items make us strong?

28.What does food give us?

29.What do we call food which is not good for our health?

30.What is breakfast?

Mrs