Balika Vidyapith Lakhisarai (811311) CLASS - 1 SUBJECT - EVS

Based On NCERT
Date - 11/07/2020
Chapter - 5(Revise)
\* OUR FOOD \*

## GOOD FOOD HABITS (Write And Remember)

- Never eat uncovered food .
- Do not waste food .
- Drink plenty of water .
- Drink at least 2 glasses of milk everyday .
- Avoid junk food . Foods like chocolates , burger , pizza etc are junk food . Excess of all junk foods cows diseases .

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**Jyoti**