

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

**Based On NCERT**

**Date - 15/07/2020**

**Chapter - 5(Revise)**

**\* OUR FOOD \***

**1. Points to write and remember.**

- **We should eat our meals at right time .**
- **We must eat only fresh , well cooked and clean food .**
- **We must chew the food properly .**

**Fill in the blanks that you .**

- (a) Breakfast : I eat breakfast in the morning .**  
**(b) Lunch : I eat lunch in the afternoon .**  
**(c) Dinner : I eat dinner at night .**

**Do CW in HW**

**To remember CW**

**Send in audio.**

**\*\*\*\*\***

**Jyoti**