

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1

SUBJECT-ENVIRONMENTAL STUDIES

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BASED ON NCERT PATTERN

Chapter-9, Food and clothes

Workout

B. Write T for true and F for false.

1. We should not eat food properly. -F

2. Food keeps us healthy. – T

3. Food gives us energy. - T

4. We should eat meals at any time of the day. – F

5. We have breakfast at night. – F

C. Fill in the blanks.

1. We wear clothes to protect us from heat and clothes.

2. Clothes are made up of fabric and fibres.

3. Silk and woollen clothes keep us warm.

4. Raincoats and gumboots are worn to keep us dry during rains.

Homework-Write these in your notebook and Remember it.