

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-1

SUBJECT-E.V.S

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Based on NCERT Pattern

Chapter-5, Our Food

Good Food habits-

- **Wash your hands properly before every meal .**
- **Take your meals at right time.**
- **Eat only fresh clean and well cooked food.**
- **Eat slowly and chew your food well.**
- **Eat sufficient green vegetables.**
- **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 chocolate, burger ,pizza etc.are junk food . Excess of all junk food cause diseases.**

Points to Remember-

- **We need food to survive.**
- **We get our food mainly from plants and animals.**
- **We get fruits and vegetables from plants.**
- **We get milk, eggs and meat from animals.**

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

Homework-Write it clearly in your notebook.