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**HOME ASSIGNMENT (2021– 2022)**

**SUBJECT – ENVIRONMENTAL STUDIES**

**CHAPTER – 7 (FOOD WE EAT)**

**TO BE DONE IN THE COPY**

**I. Tick the correct answer:-**

i) ..... is a food we get from animals.

- a) fruits      b) vegetables      c) nuts      d) egg ✓

ii) We should not eat.

- a) fruits      b) salad      c) junk food ✓      d) vegetables

iii) We should not ..... food.

- a) eat      b) cook      c) chew      d) waste ✓

iv) Old people eat ..... food.

- a) hard      b) junk      c) soft ✓      d) raw

v) Which of the following is a dairy product?

- a) juice      b) butter ✓      c) jam      d) tea

vi) Which of the following food is eaten raw?

- a) fish      b) rice      c) radish ✓      d) pulses

**II. Answer the following questions.**

**Q1. Why do we eat food?**

**Ans – We eat food because:**

- i) Food helps us to grow.**
- ii) It makes us strong and healthy.**
- iii) It gives us energy to do our work.**

**Q2. Write any two good eating habits.**

**Ans - Two good eating habits are-**

- a) We should chew the food well.**
- b) We should wash our hands before and after eating.**

**NOTE -**

**ENVIRONMENTAL STUDIES TEXT BOOK**

**Pg. no. 48 Q NO. A and B to be done in the copy.**

**ENVIRONMENTAL STUDIES WORKSHEET—**

**Pg. no. 15, 16, 17 to be done in the book itself.**