Wada Nirmiti Education Society's
GURUKUL GLOBAL SCHOOL
WORKSHEET

SUB:EVS LESSON: 6 (Happy and Healthy Living) STD: IV
NAME: _____ ROLL No: _____ DATE:

Q. 1. Choose the correct option.

1. How do you feel when you eat your favourite food?
(a) Happy and satisfied
(b) Bored and uninterested
(c) Angry and upset
(d) Tired and sleepy

2. Who grows the food we eat?
(a) Shopkeeper (b) Cook (c) Farmer (d) Parents

3. Why do people celebrate some festivals?
(a) To play games
(b) To thank Mother Nature for food
(c) To watch movies
(d) To wear new clothes

4. Which of the following is one of the festivals celebrate to show our gratitude to 'Mother Nature the food we eat?
(a) Diwali (b) Christmas (c) Holi (d) Makar Sankranti

5. What type of food should we eat for a happy and healthy living?
(a) Junk food like chips and soda
(b) Fresh fruits, vegetables, and whole grains
(c) Only sweets and chocolates
(d)Fried and oily snacks

Q.2..Fill in the blanks with the given words.
(Thank Exercise Sunlight Seed Food)

1. Water, soil and _____ are required to grow food.
2. We_____ God for the food He provides.
3. _____ grows into plant.
4. _____ helps us grow and stay healthy.
5. _____ helps us stay healthy and strong.

Q. 3.State Whether True or False.

1. If we take care of our body and mind, we can stay happy and healthy. _____

2. Junk food keeps us healthy. _____

3. Children feel unsafe when their parents touch them. _____

4. Doctor touching you during medical check-up is safe. _____

5. Games keep us happy and healthy. _____

Q.4.. Look at each healthy food item and fill in the blanks with the correct ingredients from the word bank. An example has been done for you.
(Honey Lettuce Apple Rice Banana Milk Cheese Tomato Butter Grapes Bread Sugar Vegetables)

Veg Biryani --	Vegetables	Rice	Spices
1. Sandwich --	_____	_____	_____
2. Curd Rice --	_____	_____	_____
3. Fruit salad --	_____	_____	_____
4. Milkshake --	_____	_____	_____

Q. 5. Answer the following questions:

1. What is mindful eating?
Ans._____
_____
_____
_____.

2. Why should we not waste food?
Ans._____
_____
_____
_____.

3. Why should we not take more food on our plate than we need?
Ans._____
_____
_____
_____.