



ST. LAWRENCE HIGH SCHOOL

A JESUIT CHRISTIAN MINORITY INSTITUTION

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA- 700019



CLASS – IITERM – FIRSTVALUE EDUCATIONWORKSHEET – 2DATE – 25.01.2021

- 1) _____ helps with the work at home.
 - a) Jana
 - b) Jaya
 - c) Neha
 - d) Jai

- 2) Jaya lays and clear the _____ before and after meals .
 - a) shelf
 - b) dining-table
 - c) kitchen
 - d) table

- 3) One Sunday Jaya's Mummy ask her to call _____ as lunch was ready.
 - a) Jai
 - b) Papa
 - c) everybody
 - d) grandpa

- 4) Jaya told Mummy that her hands will only be cleaned if she _____
 - a) dry them properly.
 - b) sanitize them properly.
 - c) wipe them properly.
 - d) washes them properly.

5) Jaya refused to take more food as she _____

- a) was no longer that hungry.
- b) wanted to share it with Jai.
- c) did not find the food that tasty.
- d) did not want to waste them.

6) Jaya wanted Jai _____

- a) not to waste food.
- b) eat as much as he could.
- c) eat from his own plate.
- d) finish all his food on the plate.

7) Jai's father taught him not to _____

- a) playwith food in his mouth.
- b) speakwith food in his mouth.
- c) jumpwith food in his mouth.
- d) waste food.

8) Jaya taught Jai to _____ after meal.

- a) floss
- b) Use tooth-pick
- c) brush his teeth
- d) rinse his mouth

9) We must never _____

- a) produce food.
- b) overeate.
- c) eat healthy food.
- d) eat spicy food

10) We must eat all kinds of _____ cooked at home.

- a) pickles
- b) nuts
- c) sweets
- d) vegetables

11) _____ provide us with different things that our body needs.

- a) Junk food
- b) Fishes
- c) Vegetables
- d) Meat

12) Children should carry a _____ in their tiffin everyday.

- a) wafers
- b) fruit
- c) cake
- d) burger

13) We must make good _____ a part of our daily routine.

- a) eating habits.
- b) play.
- c) cooking
- d) work

14) We must _____ unhealthy food.

- a) eat
- b) never eat
- c) avoid
- d) offer

15) We must wash our hands before and after _____ anything.

- a) eating
- b) baking
- c) cutting
- d) touching

16) We should eat _____

- a) only what our mother cooks.
- b) fast.
- c) slowly.
- d) only what is cooked at our own home.

17) We should _____ our food well.

- a) present
- b) mix
- c) chew
- d) bite

18) We must not speak while _____

- a) eating
- b) drinking
- c) cooking
- d) washing

19) We should rinse our mouth after _____

- a) eating something.
- b) a good sleep.
- c) each hour
- d) drinking something.

20) In the lesson Eat Right, Live Right!we learn the value of good _____ and eating healthy food .

- a) habits
- b) nutrients
- c) food recipes
- d) eating habits