



CLASS 1 EVS · 2026-27

Class 1 EVS Food, Water and Cleanliness Worksheet

Food, water and keeping clean

60

QUESTIONS

25

MINUTES

5

EXERCISES

This belongs to _____

Date _____

WHAT YOU'LL GET GOOD AT

- Sort familiar foods into everyday foods and sometimes foods.
- Name where the water we use comes from, and two ways to save it.
- Name the everyday habits that keep us healthy, and say why each one helps.

Take your time, and have a go at every one. If you get stuck, look at the orange box — Ollie has already done one for you.

Class 1 EVS Food, Water and Cleanliness Worksheet

Food, water and keeping clean · 60 questions · tick each box as you finish

Exercise 1 of 5 · 16 questions Write E for an everyday food and S for a sometimes food. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Dal -> E. An everyday food is one we can eat most days and that helps us grow. A sometimes food is fine occasionally but not every day. Note the wording: no food here is called bad, because that is not a useful idea for a six-year-old.

1) Dal

2) Chips

3) Roti

4) Cold drink

5) Milk

6) Chocolate

7) Fruit

8) Rice

9) Vegetables

10) Ice cream

11) Curd

12) Toffee

13) Egg

14) Cake

15) Water

16) Biscuits

Exercise 2 of 5 · 12 questions Write whether each food mainly helps us grow, gives us energy, or keeps us healthy.

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Milk -> helps us grow. Body-building foods like milk, dal, egg and paneer help us grow. Rice, roti and potato give energy. Fruit and vegetables keep us healthy and protect us from illness.

1) Milk

2) Rice

3) Orange

4) Egg

5) Roti

6) Spinach

7) Dal

8) Potato

9) Banana

10) Paneer

11) Sugar

12) Carrot

Exercise 3 of 5 · 12 questions Write True or False.

WRITE THE ANSWER

1) We get water from rain, rivers, wells and taps.

2) It is safe to drink water straight from a pond.

3) We should close the tap while brushing our teeth.

4) Water is needed for cooking, washing and drinking.

5) It does not matter if a tap keeps dripping.

6) Plants and animals need water too.

7) Boiling water makes it safer to drink.

8) We should throw rubbish into rivers and lakes.

9) Rain is a source of water.

10) We can live for many weeks without any water.

11) A bucket bath usually uses less water than a shower.

12) Dirty water can make us ill.

Exercise 4 of 5 · 12 questions Fill in the blank.

FILL IN THE BLANK

1) We should wash our _____ before and after eating.

2) We should brush our teeth _____ a day.

3) We should cover our mouth when we _____ or cough.

4) We should cut our _____ short and keep them clean.

5) We should drink _____ water.

6) We should have a _____ every day.

7) We should wear _____ clothes.

8) We should wash fruit and vegetables before _____ them.

9) We should throw rubbish in the _____.

10) We should _____ our hair every day.

11) We should wash our hands after using the _____.

12) We should eat food while it is still _____.

Exercise 5 of 5 · 8 questions Answer in one line.

WRITE THE ANSWER

1) Why should we wash our hands before eating?

2) Why should we not waste water?

3) Write one everyday food you ate today.

4) Why should we not eat too many sometimes foods?

5) Why should we cover cooked food?

6) Name two ways you can save water at home.

7) Why do we need to eat vegetables and fruit?

8) Why should we boil or filter drinking water?

**All done? How did that feel?**

Colour in a star. Three stars means you could teach it to someone else.



Tricky · Getting there · Easy now



Answer key

For grown-ups

Class 1 EVS Food, Water and Cleanliness Worksheet · keep this page back until your child has finished.

1. Write E for an everyday food and S for a sometimes food.

- 1) E
- 2) S
- 3) E
- 4) S
- 5) E
- 6) S
- 7) E
- 8) E
- 9) E
- 10) S
- 11) E
- 12) S
- 13) E
- 14) S
- 15) E
- 16) S

2. Write whether each food mainly helps us grow, gives us energy, or keeps us healthy.

- 1) Helps us grow
- 2) Gives us energy
- 3) Keeps us healthy
- 4) Helps us grow
- 5) Gives us energy
- 6) Keeps us healthy
- 7) Helps us grow
- 8) Gives us energy
- 9) Keeps us healthy
- 10) Helps us grow
- 11) Gives us energy
- 12) Keeps us healthy

3. Write True or False.

- 1) True
- 2) False
- 3) True
- 4) True
- 5) False
- 6) True
- 7) True
- 8) False
- 9) True
- 10) False
- 11) True
- 12) True

4. Fill in the blank.

- 1) hands
- 2) twice
- 3) sneeze
- 4) nails
- 5) clean (boiled or filtered)
- 6) bath
- 7) clean
- 8) eating
- 9) dustbin
- 10) comb
- 11) toilet
- 12) fresh

5. Answer in one line.

- 1) So that germs on our hands do not go into our food and make us ill.
- 2) Because there is only a limited amount of clean water, and others need it too.
- 3) Answers will differ for every child.
- 4) Because they do not help us grow, and eating them daily can make us unwell.
- 5) To keep flies, dust and germs off it.
- 6) Answers will differ - closing the tap while brushing, mending a dripping tap, and using a bucket instead of a shower are all correct.
- 7) They keep us healthy and protect us from falling ill.
- 8) To kill the germs in it, so it does not make us ill.

WHILE YOUR CHILD WORKS

- The everyday/sometimes framing is deliberate. Calling food good and bad tends to produce either guilt or secrecy at this age, and neither helps - sometimes foods are allowed, just not daily.
- Exercise 2 is the one most likely to need explaining first. Say the three jobs aloud - grow, energy, protect - and give one example of each before your child starts.
- The final question has no fixed answer. It is there to connect the sheet to what the child actually ate, which is the whole point of EVS at this stage.



Spotted a gap while marking?

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