**DELHI PUBLIC SCHOOL**

**Work sheet of life skills**

**Class 4th**

A. Here is a list of some foods:

1.Plain drinking water.

2. High- fibre foods.

3. Fruits/vegetables.

4. Homemade soup with less sugar/salt.

5. Pastries, cakes and doughnuts.

6. Soft drinks.

7. Biscuits, cookies.

List these foods as good foods and bad foods:

|  |  |
| --- | --- |
| Good foods | Bad foods |

B. Write true or false

1. We should always wash our hands before and after meals. [ ]

2. We should eat junk foods. [ ]

3. We must take balanced food. [ ]

4. Chew with your mouth closed. [ ]

5. We should not say thank you when server something. [ ]

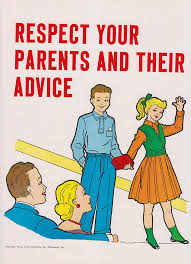
6. Always use a napkin to clean your mouth. [ ]

C. Look at these pictures. Write six sentences about these pictures showing respect?

1. 2.

3.



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