**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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