

Grade 4 EVS Worksheet:1 (Difficulty Level: Easy)

Name: _____

Date: _____

Part 1: Fill in the Blanks

1. When we throw away food that is still good to eat, it is called food _____.
 2. To avoid wasting food, we should only take as much as we can _____.
 3. Food waste can harm the _____ because it creates garbage and wastes resources.
 4. One way to save food is to store it in the _____ to keep it fresh.
 5. _____ your leftovers instead of throwing them away!
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Part 2: Match the Columns

Match the actions on the left with what they help us do on the right.

1. Eat all the food on your plate – Saves money
 2. Use leftovers creatively – Reduces food waste
 3. Share extra food with others – Feeds the hungry
 4. Buy only what you need – Keeps food from spoiling
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Part 3: True or False

1. It is okay to throw food away if you don't like it.
 2. Checking the expiry date on food packages can help prevent waste.
 3. Composting is a way to turn food waste into something useful.
 4. Wasting food doesn't harm the environment.
 5. Planning meals can help reduce food waste.
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Part 4: Fun Activity!

Draw and Label:

Draw a picture of a plate of food and label how you can avoid wasting it. For example, label things like "Eat it all!" or "Save leftovers in a container." Be creative!

Part 5: Solve the Riddle

I am food that you don't eat and throw away. I stink up the garbage bin every day. Who am I?

(Answer: _____)

Part 6: Circle the Good Habits

Below are some habits related to food. Circle the ones that are good habits!

- Throwing leftovers in the trash
 - Sharing food with someone
 - Buying more food than you need
 - Storing food in the fridge
 - Eating everything on your plate
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Part 7: Word Search

Find these words in the word search below:

Words to Find:

- Food
- Waste
- Leftovers
- Share
- Fridge

Word Search Grid:

FOODWASTE
LEFTOVERS
SHAREFRIDGE

Part 8: Write Your Promise!

Complete this sentence:

"I promise to waste less food by _____."

Let me know if you'd like me to add or tweak anything! 😊

—BE CHAMPION—