

## Things to Remember

1. Food gives us energy and helps us to grow.
2. We get food from plants and animals.
3. Food is of three types such as energy giving, body-building and protective food.
4. We should eat a healthy diet.

## Work Time

### A Tick (✓) the right answer.

1. Animals give us .....  
(a) milk  (b) fruits  (c) vegetables
2. .... is an energy-giving food.  
(a) Rice  (b) Pulses  (c) Egg
3. .... is not a junk food.  
(a) Pizza  (b) Carrot  (c) Burger
4. Vegetarians do not eat .....  
(a) pulses  (b) vegetables  (c) meat

### B Match the following.

- |                       |            |   |
|-----------------------|------------|---|
| 1. Energy-giving food | (a) Pulses | 3 |
| 2. Protective food    | (b) Pizza  | 4 |
| 3. Body-building food | (c) Butter | 1 |
| 4. Junk food          | (d) Papaya | 2 |

### C Fill in the blanks with the words given below.

healthy      meat      Spinach      plants

1. All vegetables and fruits come from ....plants.....
2. A person who eats ....meat..... is non-vegetarian.

3. ...~~Spinach~~..... is a protective food.
4. We should eat ....~~healthy~~.... diet.

**D Write 'T' for True and 'F' for False statements.**

1. Food gives us energy.
2. We get food from plants and animals.
3. Eggs and pulses are energy-giving food.
4. We should eat a lot of junk foods.

(T)  
 (T)  
 (F)  
 (F)

**E Answer the following questions.**

1. Why do we need food?

.....

2. What are protective foods?

.....

3. Who are vegetarians?

.....

4. What is balanced diet?

.....



Life Skill

**Food is the basic need of our life. So we should follow healthy food habits.**

**Project**

**Prepare your meal chart**

Meal	Time	What I Eat?