

27.5.2021

Food

Q1. How many meals do you have in a day?

Ans. We have 3 meals in a day.
Breakfast, Lunch, Dinner.

Q2. Where do we get energy from?

Ans. We get energy from foods like rice, sugar and butter.

Q3. What makes us strong and healthy?

Ans. Fruits and vegetables keep us

strong and healthy.

Q4 Name 2 food items which give us energy.

Ans Rice and sugar give us energy.

Q5 Which food help us to grow?

Ans Fish, milk, eggs and pulses help us to grow.

Q6 Why do we need food?

Ans We need food to live.