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Food for Health

We all need food to live and grow. Food helps us to become strong and healthy.

We eat different types of food.

Look at the pictures and complete their names, using vowels.

You will learn about

- Sources of food
- Healthy food
- Food in a day

1.



E G G S

2.



M I L K

3.



CH I CK E N

4.



CA U L I F L O W E R

5.



R I C E

6.



GR A P E S

Answers: 1. Eggs; 2. Milk; 3. Chicken; 4. Cauliflower; 5. Rice; 6. Grapes

I. Objective type questions.

Q A. Fill in the blanks with the correct words.

1. We get our food from ~~plants and animals~~ plants/plants ✓ and animals).
2. We get milk (milk/cereals) from animals.
3. We make ghee, butter, and curd from milk (milk/eggs).
4. We should (should/should not) eat fresh and clean food.
5. We should not (should/should not) waste our food.
6. Eating a lot of candies (vegetables/candies) ✓ is unhealthy.