

A decorative graphic on the left side of the page. It features a large blue number '8' inside a white circle with a yellow border. To the right of the circle are two smaller circles containing images of food: a salad and a bowl of green soup. The entire graphic is set against a yellow background that tapers to the right.

**8**

## **Food for Health**

**100 B. Write T for the True and F for the False statement.**

1. We get our food only from animals. False
2. Eggs make our bones and teeth strong. False
3. To be healthy, we must eat different kinds of food. True
4. Food cannot make our body healthy and strong. False
5. Eating dirty food can make us ill. True

**100 C. Choose the correct option.**

1. How does food help us?
  - a. It helps us to live and grow.
  - b. It helps us to stay strong.
  - c. It helps us to stay healthy.
  - d. All of these
2. Which of these do we get from plants?
  - a. Milk and meat
  - b. Fruits and vegetables
  - c. Cereals and pulses
  - d. Both b and c
3. Which of these do we get from milk?
  - a. Cheese and butter
  - b. Cereals and pulses
  - c. Vegetables and fruits
  - d. Eggs and meat
4. Which of these are unhealthy foods?
  - a. Milk and meat
  - b. Fruits and vegetables
  - c. Cereals and pulses
  - d. Sweets and cold drinks
5. Which of these meals do we eat in the morning?
  - a. Breakfast
  - b. Lunch
  - c. Dinner
  - d. All of these

**II. Very short answer type questions.**

**100 A. Give one word for the following.**

1. Food that makes our body strong and healthy healthy food
2. Meal eaten in the morning breakfast
3. Meal eaten at noon lunch
4. Meal eaten at night dinner