

100 B. Give two examples for the following.

1. Foods we get from plants
2. Foods we get from animals

fruits, vegetables
milk, eggs

3. Foods we make from milk
4. Food that are unhealthy

butter, curd
pizza, burger

Q.11. Answer the following questions.

1. How does food help us?

Food help us to grow and stay healthy.

2. How does milk help our body?

Milk makes our bones and teeth strong.

3. What is healthy food? Give two examples.

Food that makes our body strong and healthy is called healthy food. Ex → vegetables and milk.

4. Why should we not eat unhealthy food?

We should not eat unhealthy food as it makes us fall ill and weak.

LET'S RECALL



Recall and complete the concept map given below.

Source of food

