

1-2Fill in the blanks

- 1) Food gives us energy to work and play.
- 2) Milk, fish, eggs and pulses help us to grow.
- 3) Fruits and vegetables keep us healthy.
- 4) Rice, sugar, butter, chapatti and bread give us energy.
- 5) The food we eat comes from

plants and animals.

6) We must drink 6 to 8 glasses of water every day.

Write True or False

1) Food makes us strong and healthy.

True

2) We get milk, eggs and meat from plants. False

3) We should chew food with our mouth closed. True

5) We should not eat clean and fresh food. [False]

6) We should wash our hands

before and after eating - [True]

7) Water helps to digest our food. [True]