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The Food We Eat

Q-1 Why do we need food?

Ans. We need food to grow, become strong and healthy and get energy.

Q-2 Where does food come from?

Ans. The food we eat comes from plants and animals.

Q-3 How many meals we eat in a day?

Ans. We eat three main meals in a day.

Q-4 Write three good eating habits.

Ans 1) Eat clean and fresh food.

2) Eat slowly. Chew your food well.

3) Wash your hands before and after eating.