

Live Examples

- 1) Food which helps us grow Milk,
Fish, Pulses.
- 2) Food which keep us healthy Fruits,
Vegetables.
- 3) Food which gives us energy Rice,
Sugar, butter.
- 4) Food which comes from plants Fruits,
Vegetables, Pulses.
- 5) Food which comes from animals Milk

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eggs, meat.

6) Meals in a day Breakfast, Lunch

Dinner.