

Q-1 Tick (✓) the correct option:

1- We get milk from cow

- A- plants
- B- hen
- C- cow [✓]
- D- butter

2- Plants and Animals are the main sources of food.

- A- plants
- B- Animals
- C- both (a) and (b) [✓]
- D- none of these

3- Spices are not an energy giving food.

- A- Rice
- B- spices [✓]
- C- sugar
- D- potato

4- Banana is an example of protective food.

- A- Banana [✓]
- B- Milk
- C- butter
- D- fish

Q-2 Fill in the blanks:

1. We get different types of food from plants and animals.
2. Protective food protects us from illness.
3. Food gives us energy to work and play.
4. Meat, eggs, pulses are some body building food.
5. A diet containing healthy food in the right amount is called balanced diet.

Q-3 State True or False:

1. We should eat fresh fruits. (True)
2. We should drink only 2-3 glasses of water every day. (False)
3. We get food only from animals. (False)
4. Body building food helps to build muscles (True)

Q-4 Match the column:

- | | |
|--------------------------|---------------------|
| 1. Potato | energy giving food. |
| 2. Fruits and vegetables | Protective food. |
| 3. Water | Digestion of food. |
| 4. Fish and eggs | Food from animals. |

Q-5 Give two examples of:

- | | |
|------------------------|-------------------------------------|
| 1. Energy giving food | <u>Rice</u> , <u>Wheat</u> . |
| 2. Body building food. | <u>Milk</u> , <u>Eggs</u> |
| 3. Protective food. | <u>Fruits</u> , <u>Vegetables</u> . |
| 4. Food from plants | <u>Spinach</u> , <u>Potato</u> . |
| 5. Food from animals. | <u>Meat</u> , <u>Fish</u> . |

Q6- Puzzles and Quiz:

Who am I?

1. A juicy fruit that keeps doctor away Apple.
2. A green leafy vegetable Spinach
3. A food grain. Wheat .
4. A yellow – coloured spice Turmeric
5. A milk product that nice love to eat Cheese
6. Nobody can live without drinking me Water
7. I add taste to food. Sugar

Q-7 Find 6 food items in the given maize:

Ans-1- Milk

2- Butter

3- Potato

4-Rice

5-Meat

6-Jowar

Q8- Short Answer Question

1. Why do we need food?

Ans-We need food to grow.

2. What are the three groups of food?

Ans-1-Energy giving food.

2-Protective food.

3-Body building food.

3. Why is water important for our body?

Ans-Water is important for our body to stay fit and healthy, digest the food.

4. What is a balanced diet?

Ans-A diet which contain energy giving food in right amount is called balanced diet.

5. How does protective food help our body?

Ans-Protective food protects our body from illness.

YouTube video link: https://youtu.be/DbCvQq_Sc48