

Body Building Food

1. True /False:-

- A. Body building foods help our body to grow.
- B. Food such as green vegetables and fruits are the body building food.
- C. Proteins are referred to as body building food.
- D. Meat, egg and milk products are foods, which help to build up muscle.
- E. Body building foods help in reducing weight.

2. Fill in the blanks:-

- A. Body building food help us to bulid _____ and make us strong.(muscles /bones)
- B. _____ and _____ are the body building food.(sugar/potato/cheese, beans)
- C. Body building food help our body to _____.(grow/lower)
- D. _____ help for the building of the muscles.(carbohydrates/proteins)
- E. Body building foods are important for _____ growth.(child's/old man's).

3. Answer the following questions.

A. What are the body building foods?

B. Give any four example of food that helps us to build muscles?

C. Why is body building food important?

D. Does body building foods help in the growth of children?
