

Energy Giving Food

1. True /False:-

A. Sugar is an example of energy giving food.

B. People who do more mental work need more energy food, in their diet.

C. Fish is the example of energy food.

D. Cheese is the example of energy food.

2. Fill in the blanks:-

A. Energy giving food are _____ and _____.(rice, wheat/fish, beans)

B. _____ are one of the primary sources of energy for our bodies.(carbohydrates/vitamins)

C. _____ are rich in carbohydrates.(grains/pulses)

D. _____ food give children the energy they need to grow, develop and learn.(grain/plants)

3. Answer the following questions.

A. What are the energy giving food?

B. Give any two energy giving food names?

C. What are the primary sources of energy?
