

Introduction of our food

1. True /False:-

A. Food gives us energy to work and play.

B. Only single food item provides us all the things that our body needs.

C. Food helps us to grow.

D. Food keeps us unhealthy.

E. We eat same kind of food.

2. Fill in the blanks:-

A. _____ helps us to fight disease.(food/water)

B. _____ is one of our basic need.(food/clothes)

C. We get food from _____ and _____.(plant/animal/bird, rivers)

D. Good food helps us to keep _____ and _____.(weak/unhealthy/healthy,strong)

3. Answer the following questions.

A. What do we eat for living?

B. Why do we need food?

C. What are the sources of food?

D. Name any two foods that we get from the animals?
