

## Protective Food

### 1. True /False:-

- A. Green vegetables and fruits are the protective food.
- B. Protective food provides vitamins minerals which protect our body from disease.
- C. Sugar is an important ingredient of our food.
- D. Salt help our hands to work properly.
- E. Water is needed for digestion of food.

  
  
  
  

### 2. Fill in the blanks:-

- A. \_\_\_\_\_ helps to remove harmful materials from our body.(water/food)
- B. Protective food protect our body from \_\_\_\_\_.(disease/animals)
- C. Green vegetables and fruits are the \_\_\_\_\_ food.(bodybuilding/protective)
- D. Salts helps our \_\_\_\_\_ to work properly.(lungs/brain)
- E. \_\_\_\_\_ is an important ingredient of our food.(salt/sugar).

**3. Answer the following questions.**

A. What are the protective food?

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B. Give any two examples of food that protects our body?

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C. What is important ingredient of our food?

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D. Who removes harmful materials from our body?

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