

Source of Food

1. True /False:-

- A. We get food from the plants only.
- B. We get most of our food from plants.
- C. Food items such as milk, meat and eggs are obtained from animals. .
- D. We get only vegetables from the plants.

2. Fill in the blanks:-

- A. We get fruit,vegetables,cereals and _____ from the plants.(pulses/milk)
- B. Food items such as meat and eggs are obtained from_____.
(animals/plants)
- C. _____and _____ are the main source of food.(plants,animal/human,birds)
- D. _____and _____ are an important source of fibers proteins and carbohydrates.(fruits,vegetables,fish,eggs)

3. Answer the following questions.

A. What is the main source of our food?

B. From where we get most of our food?

C. Which food items are obtained from animals?

D. Which food items are obtained from plants?
