Eat Healthy Food

1. **Answer the following questions.**

   A. Why we should eat healthy food?

   _____

   _____

   B. What is healthy food?

   _____

   _____

   C. What should we drink daily for the healthy mind?

   _____

   _____

   D. Which food should we avoid?

   _____

   _____

2. **True /False:-**

   A. Drink lots of water.

   B. Eat fresh fruits and food.

   C. Drink a glass of milk every day.

   D. We should eat green vegetables.

3. **Fill in the blanks:-**

    A. The fresh _____ are good for health.(fruits/drinks)

    B. You eat meal at a _____ time.(proper/green)

    C. We have to _____ (take care/part) of our health.

    D. _____ eating junk food.(avoid/fruits)