

Proteins

1. Answer the following questions:

A. What is a protein?

B. What is body building food?

C. What do we call the food that gives us energy?

D. Why children need more protein?

2. Fill in the blanks.

A. Foods have various proteins that keep us healthy_____.

B. _____ contain protein.

C. We need _____ for repair damage of the body.

D. Eggs are rich in_____.

3. Write True or False:-

A. Proteins are is called body building foods.

B. We eat some vegetables raw.

C. Protein can be used as a source of energy.

D. Protein helps in strengthening the bones.