

Healthy Eating Habits

A. Choose the correct answer:

1. Which of the following is a healthy eating habit?

- A) Eating junk food every day
- B) Skipping breakfast regularly
- C) Eating a balanced diet with all nutrients
- D) Consuming only sweets and fried food

2. Which nutrient is the main source of energy for our body?

- A) Proteins
- B) Vitamins
- C) Carbohydrates
- D) Minerals

3. Why should we drink enough water every day?

- A) To stay hydrated and help digestion
- B) To replace meals
- C) To feel full all the time
- D) To avoid eating vegetables

B. Fill in the Blanks:

1. A _____ diet includes all nutrients in the right amounts.
2. Fruits and vegetables are rich in _____, which help keep us healthy.
3. Drinking too many _____ drinks can be harmful to our teeth and health.

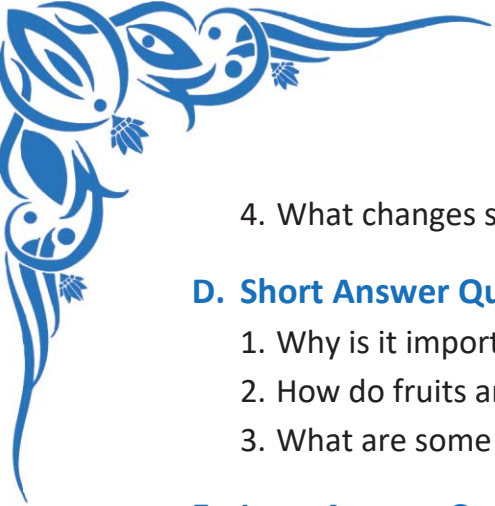
C. Case Study:

Riya's mother always prepares home-cooked meals, including vegetables, whole grains, and dairy products. Riya enjoys eating home-cooked food and drinks enough water daily. Her friend, Aarav, often eats chips, burgers, and sugary drinks. He does not like fruits and vegetables.

After a few months, Riya felt energetic and healthy, while Aarav started gaining weight and often felt tired.

Questions & Answers:

1. What are the differences between Riya's and Aarav's eating habits?
2. Why did Aarav feel tired even though he was eating a lot?
3. How do home-cooked meals help in maintaining good health?



4. What changes should Aarav make in his diet to stay healthy?

D. Short Answer Questions:

1. Why is it important to eat a variety of foods?
2. How do fruits and vegetables help in keeping our body strong?
3. What are some unhealthy eating habits that should be avoided?

E. Long Answer Questions:

1. Explain the importance of a balanced diet and how different food groups help in body growth.
2. How does eating junk food regularly affect our health? Discuss with examples.
3. Describe how traditional foods in India provide better nutrition compared to processed foods.