

## Introduction of Sources of Food

### 1. Answer the following questions.

A. Define food?

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B. Explain balanced diet?

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C. What do you mean by primary source of food?

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### 2. Write True or False:-

A. Without food humans can survive.

B. Food is mainly obtained from plants and animals.

C. Human and animal depend on the stored food plants.

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

- A. \_\_\_\_\_ and \_\_\_\_\_ are involves in balanced diet.
- B. \_\_\_\_\_ is most important parts in maintaining good health.
- C. \_\_\_\_\_ gives energy to our body.

**4. Match the following-**

Column A	Column B
i. Plant	A. Orange
ii. Fruits	B. Bamboo
iii. Stem vegetable	C. Meat
iv. Direct product	D. Spinach