



Need of Food

A. Choose the correct answer:

1. Why do we need food?

- a) To sleep
- b) To grow and stay healthy
- c) To play games
- d) To watch TV

2. Which of the following is a healthy food?

- a) Chips
- b) Candy
- c) Fruits
- d) Soda

3. Which part of the body does food help to grow?

- a) Chair
- b) Clothes
- c) Body
- d) Shoes

4. What do we get from food?

- a) Toys
- b) Energy
- c) Pencils
- d) Books

5. When do we eat food?

- a) When we are hungry
- b) While sleeping
- c) When playing
- d) When bathing



B. Fill in the Blanks:

1. We need food to stay _____.
2. Food gives us _____ to work and play.
3. We should eat _____ food.
4. We feel _____ when we do not eat food.
5. Fruits and vegetables are _____ for our body.

C. Short Answer Questions:

1. Why do we need food?
2. Name two healthy foods.
3. What do we get from food?
4. How many times should we eat in a day?
5. What happens if we do not eat food?