

Name: _____ Sec: _____ Date: _____

Q1. Name the following.

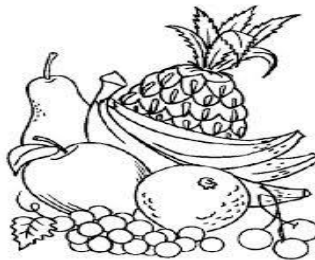
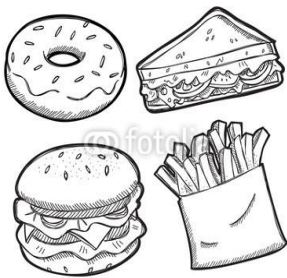
1. Meals eaten in a day - _____ , _____ , _____
2. Two sources of food - _____ , _____
3. Two spices - _____ , _____
4. People who eat only plant and milk products - _____
5. Two energy giving foods - _____ , _____

Q2. Fill in the blanks.

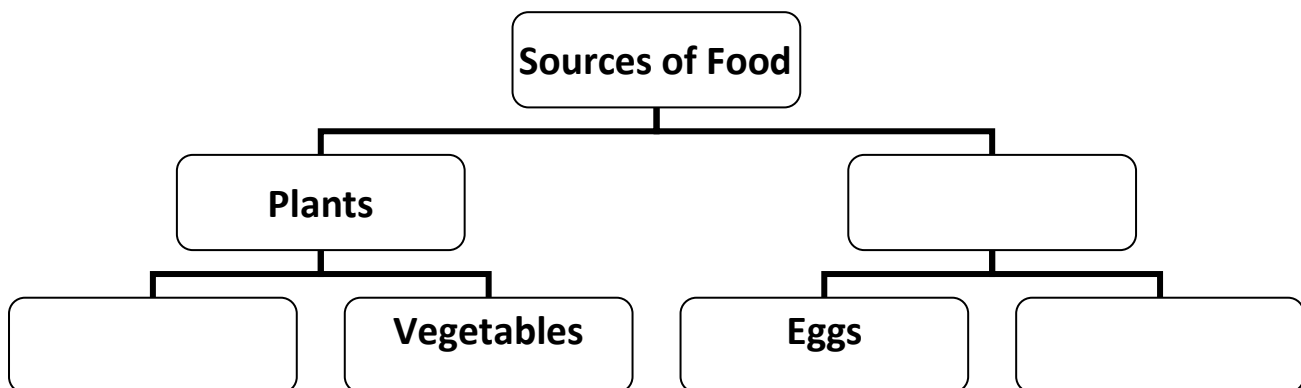
1. _____ are added to the food to give it flavour.
2. Fruits and vegetables are called _____ foods.
3. A _____ meal contains all the three groups of food in the right quantity.
4. Cooking kills the _____ present in the food.
5. _____ foods help us to grow and make our bones and muscles strong.

The greatest wealth is health.

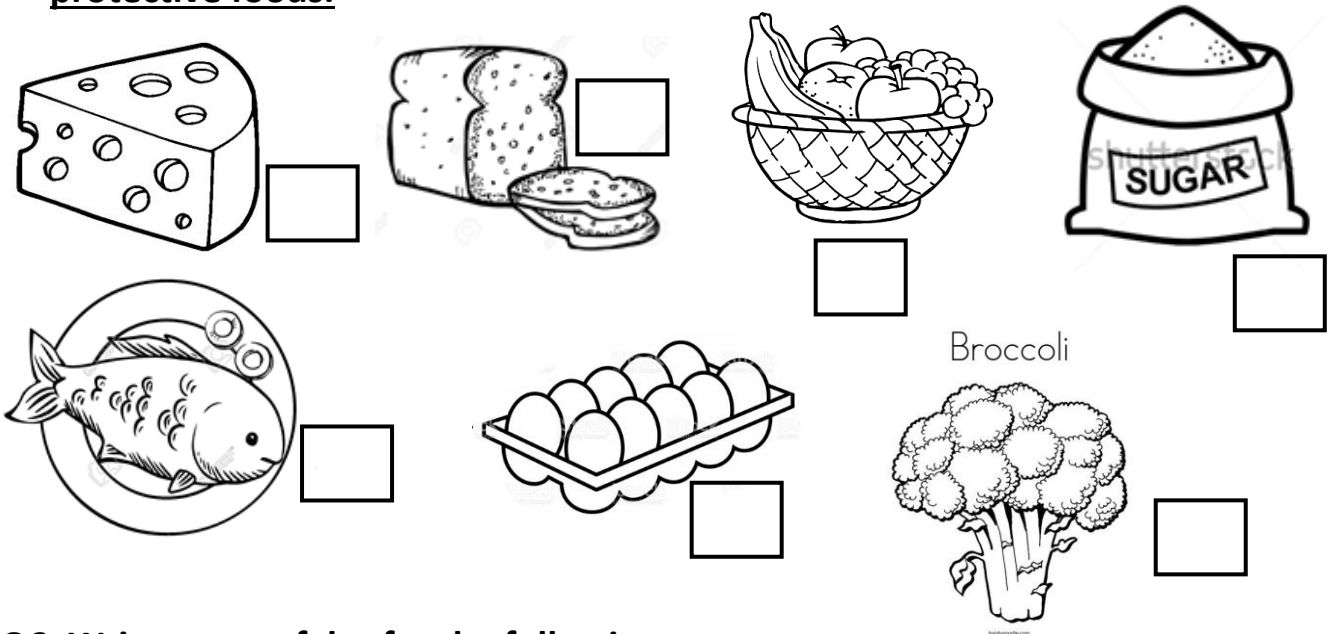
Q3. Colour the food items that are healthy to eat /drink.



Q4. Complete the chart.

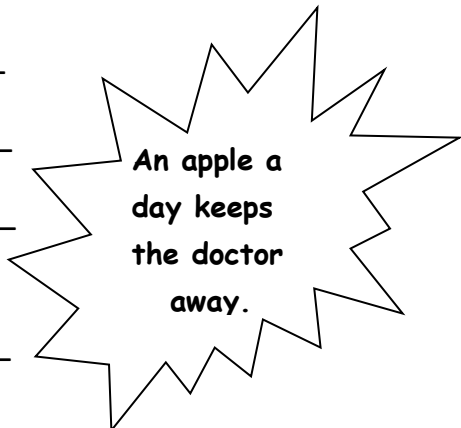


Q5. Write 'B' for body building foods , 'E' for energy giving foods and 'P' for protective foods.



Q6. Write true or false for the following.

1. Saffron is the most expensive spice. _____
2. Breakfast is eaten in the afternoon. _____
3. We should eat fresh and clean food. _____
4. Fibres help to throw out the undigested wastes from the body. _____
5. Non-vegetarians eat only eggs and meat. _____



Q7. Write the jumbled word in the correct order.

1. A body building food - _____ (K I L M)
2. They protect us from different diseases. _____ (S U T R I F)
3. Last meal of the day - _____ (N R N E I D)
4. Food gives us this to work and play. _____ (Y G R N E E)

Q8. Answer the following question.

1. Who are vegans?

A. _____
