

Activity work

Q. I Draw and colour any two examples of -

1. Body-building food

2. Energy-giving food

3. Protective food

1. Body building food

2. Energy giving food



Eggs Milk Potatoes Sugar

3. Protective food



Fruits Vegetables

Hard Words-

1. Healthy
2. Strong
3. Diseases
4. Body-building food
5. Energy-giving food
6. Protective food

Answer the following questions-

Q.1 Why do we need food ?

Ans. We need food to live and grow.

Q.2 Which kind of food helps us to grow ?

Ans. Body-building food helps us to grow.

Q.3 Write the names of any two food items that give us energy.

Ans. Rice and Sugar.

Q.4 Write the names of any two food items that help us to fight diseases.

Ans. Fruits and Vegetables.

Q.5 Write any three good food habits.

Ans. Good food habits are following-

1. Drink clean water.
 2. Never waste food.
 3. Eat only fresh and clean food.
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