



LESSON 5

FOOD WE EAT

Exercise A (page no. 141)

A. Who gives us these things ? Write P for plants and A for animals .

A.



Plants give us Potato

B.



Animals such as ducks and Hen give us Egg

C.



Plants give us Apple and all other fruits

D.



Animals such as Cow and Buffalo give us milk

Exercise B . Answer these questions

1. Name some vegetables that we eat .

Ans. We eat potato , tomato , carrot , cauliflower and many more vegetables.

2.What do we get from animals ?

Ans . We get milk, butter ,egg , cheese and meat from animals.

3. Name any two food items that give us energy .

Ans. Rice and sugar give us energy.

4. How many main meals do we eat in a day ?

Ans . We eat three main meals in a day

5. What should we do before and after eating every meal ?

Ans . We must wash our hands before and after every meal