

## LESSON 2

### FOOD FOR HEALTH

#### NEW WORDS

- 1) Healthy Food
- 2) Unhealthy Food
- 3) Junk Food
- 4) Chocolates
- 5) Vegetables
- 6) Fruits
- 7) Diseases
- 8) Protective Food
- 9) Vitamins
- 10) Wheat

I Choose the correct answer.

1) There are \_\_\_\_\_ kinds of food.

- a) Three b) Four 3) Two

Ans: Three

2) Energy giving food helps us to\_\_\_\_\_

- a) Work b) Grow c) Protect Health

Ans: Work

3) Fruits are rich in \_\_\_\_\_&.

- a) Vitamin A b) Vitamin D c) Vitamin C

Ans: Vitamin C

4) Fruits and Vegetables are \_\_\_\_\_ giving food

- a) Health b) Energy c) Growth

## Health

II. Write ( T) for correct and (F) for wrong sentences

1 )Food help us to grow. [T]

2)Eat junk food. [F]

3) Fruits and Vegetables are healthy food [T]

4) We should eat few kinds of food. [F]