

Lesson No: A

STUDENT'S NAME

SUBJECT

Variety of Food.

I. Choose the correct answer:

- ① milk is a perfect food.
(a) milk (b) Cheese (c) Rice
- ② fat is an energy-giving food.
(a) Protein (b) fat (c) minerals.
- ③ Vitamin A is good for eyesight.
(a) Vitamin B (b) Vitamin E (c) Vitamin A
- ④ Dental checkup should be taken once in 6 months.
(a) 6 months (b) 3 months (c) 5 months.

II. Write 'T' for correct and 'F' for wrong sentences:

- ① Fish is a body-building food. [T]
- ② Bread contains carbohydrates. [T]
- ③ Egg is an energy-giving food. [F]
- ④ Beetroot contains starch. [T]
- ⑤ We get food only from animals. [F]

iii) Answer the following questions:-

① What is the food of a baby?

Ans: The food of a baby is milk.

② Name the food items that make us strong?

Ans: Ragi, rice, jowar, wheat, millets, oil, ghee, sugar, jaggery, meat etc make us strong?

③ Name the food items that help us to grow?

Ans: Pulses like toor dal, cowgram and black gram, milk, egg etc help us to grow.

④ Name the food items that help us to be healthy?

Ans: Vegetables and fruits.

⑤ Why we need food?

Ans: We need food to live.

