

OUR FOOD

I. Answer the following questions:-

1) Why do we need food?

Ans → We need food because food helps us to grow, gives us energy and makes us strong and healthy.

2) Name any three milk products.

Ans → Three milk products are —

i) Ghee

ii) Butter

iii) Cheese

II Fill in the blanks :-

1. Food makes us strong and healthy.

2. We eat three meals a day.

3. We need food and water to live.

III. Tick (✓) the right option:-

1. Which of these is a milk product?
(a) egg (✓) paneer (c) orange.
2. Sewian is made on -
(✓) Eid (b) Diwali (c) Christmas.
3. What kind of food should we eat?
(a) Stale (✓) fresh (c) rotten.

IV. Missing Letters:-

- 1) L U N C H (2) G U J I A

V. Rearrange:-

- 1) G S R N I A → G R A I N S
- 2) F U T I R S → F R U I T S