

I. FILL IN THE BLANKS.

1. We get food from _____ and _____.
2. _____ and _____ are the seeds of different plants.
3. Vegetables like _____, _____ and _____ are green and leafy.
4. Radish, carrot, potato and onion grow under the _____.
5. _____ and _____ protect us from illnesses.
6. Plants which give us food are called _____.

II. WRITE TRUE OR FALSE

1. Oily food is good for our health. ()
2. We must eat well at regular times to be healthy. ()
3. Butter and Ghee are made from milk. ()
4. Cereals, potatoes, sugar and oil help us to grow. ()
5. We should not eat stale food. ()

III. ANSWER IN ONE OR TWO WORDS

1. How are the people who eat meat, fish and eggs called as?
_____.
2. Name two food substances which help us to grow.
_____.
3. What do cereals give us?
_____.
4. Name two vegetables which can be eaten raw.
_____.
5. Name two vegetables which grow above the ground.
_____.

IV. MATCH THE FOLLOWING

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|----------------|------------------------------|-----------|
| 1. Vegetarians | Plants | () |
| 2. Pulses | Good for our bones and teeth | () |
| 3. Farmers | Do not eat meat | () |
| 4. Milk | Crops | () |
| 5. Oil | Help us to Grow | () |