

L-4

OUR FOOD HABITS

Date: _____

I. Fill in the blanks:

1. We get food from _____ and _____.
2. People who do not eat fish, eggs and meat are called _____.
3. There are _____ main kinds of foods.
4. We should have good food habits to stay _____.
5. Burger, chips, chowmein, noodles and ice-cream are called _____ food.

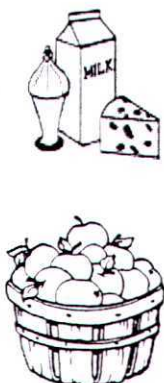
II. Circle the correct answer:

1. Food that prevents us from falling ill is called
a) body-building food b) protective food
2. Eating too much is called
a) over-eating b) energy-giving
3. People who eat meat and eggs are called
a) vegetarians b) non-vegetarians
4. _____ helps to digest the food we eat.
a) water b) milk

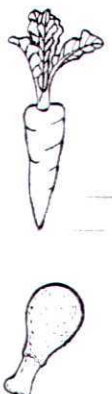


III. Arrange the given food items according to the food groups:

apple, dal, cabbage, sugar, milk, carrot, rice, meat, butter

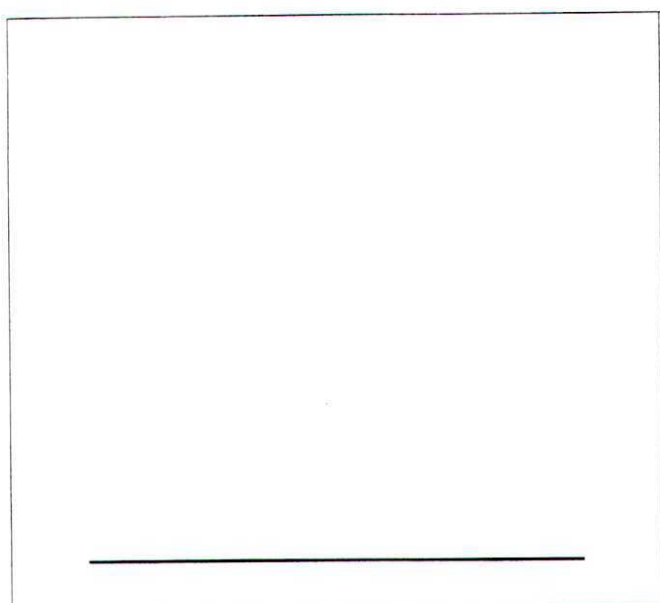
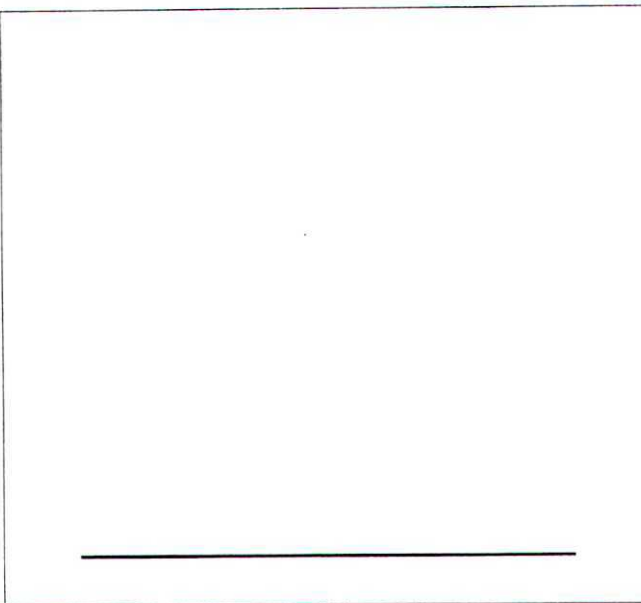


Energy-giving food	Body-building food	Protective food

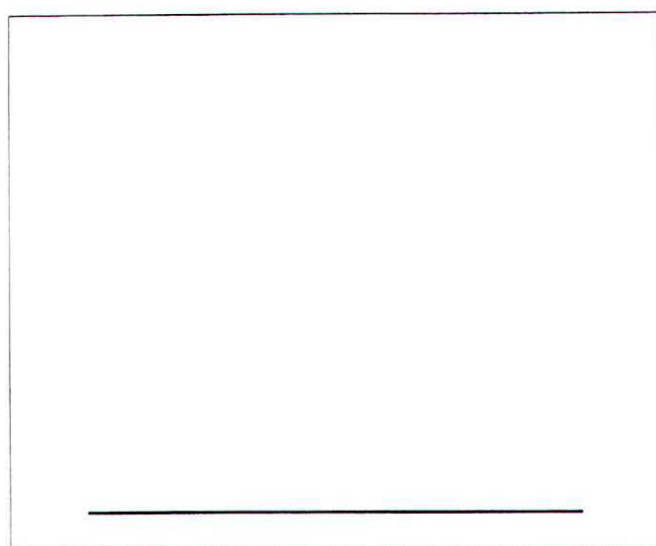
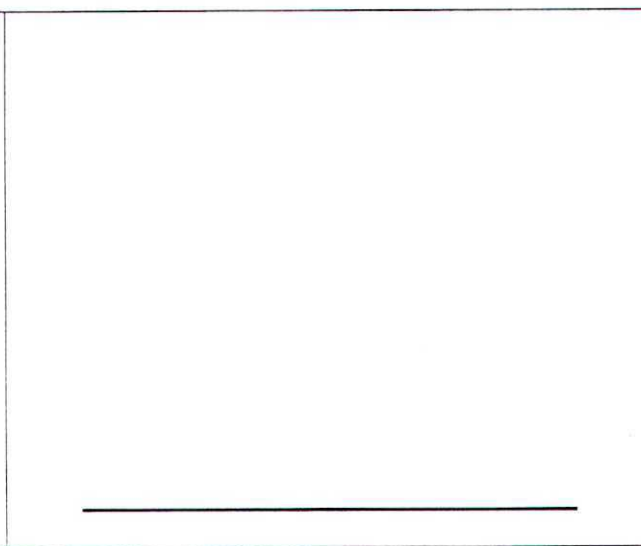


IV. Draw and colour any two food items of each group and label them:

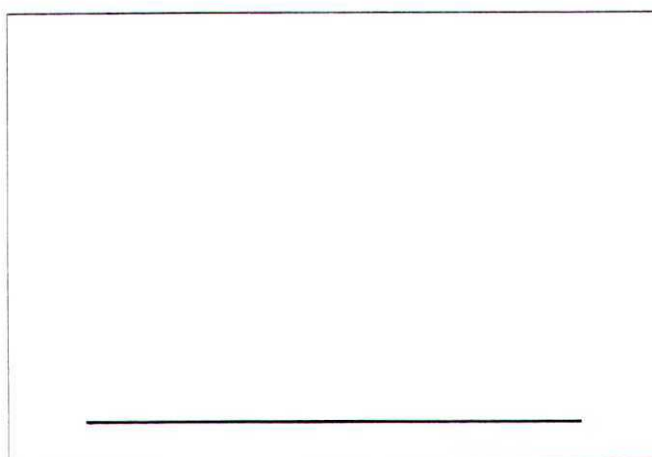
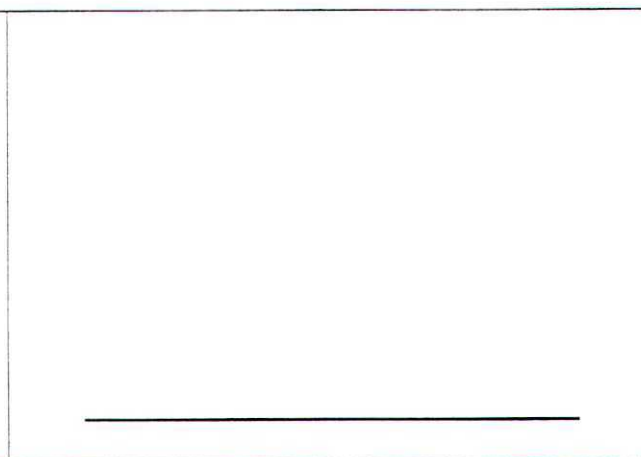
Energy- giving food

 _____	 _____
--	---

Body- building food

 _____	 _____
--	---

Protective food

 _____	 _____
--	---