

PRACTICE WORK AT HOME

Class: 5

Subject: English

Read the following passage and answer the question no 1-4.

What is good food? Sometimes the food we like to eat isn't the healthiest food for us. The food pyramid helps us to understand the different food groups, and it tells us how much of each food group we should eat.

We eat more of the foods at the bottom of the pyramid. What foods are at the bottom? These are the things made from the grain, for example, rice, roti and bread. Potatoes are not grains but they are similar. Grains give us energy.

Fruits and vegetables are in the next level of the pyramid. These are also very important for us. They have vitamins. They help our eyes and our health.

On the next level, there are fish, meat, dairy products, beans and lentils. Meat, fish and chicken have protein. Beans and lentils do, too!

Dairy products are things like milk and eggs. They help our teeth and bones. Protein and dairy make us strong.

Fat and oil are at the top of the food pyramid. These make food delicious, but our body does not need very much of them.

Sometimes we can't get food from all the different food groups. But when we have choices about food, we need to make good choice.

1. Match the words in column A with their meaning in column B

A	B
a. Different	a. having a very pleasant taste
b. Group	b. in a good condition
c. Delicious	c. not similar
d. Choice	d. category
e. Healthy	e. act of choosing

Ans: a.**b.****c.**

d.

e.

2. True/ False. If False, give the correct statement.

a. The food pyramid consists of different food groups.

Ans:

b. In order to have strong bones, we must take oily food.

Ans:

c. Vitamins strengthen our eyesight.

Ans:

d. The food group which is at the top of the pyramid must be consumed more.

Ans:

e. Fruits and vegetables contain mineral.

Ans:

3. Answer the following questions:

a. What kind of food do we need to take more? Why should we make good choice of food?

Ans:

b. What is food pyramid? Why is food pyramid important?

Ans:

- c. Which food item provide us protein? Why fruits and vegetables important?

Ans:

- d. Give example of some grain food. Why are they important?

Ans:

- e. What are the importance of dairy products and fat?

Ans:

4. Write a short composition on “Food Pyramid.” your answer must include the following questions:

- a. What is food pyramid?
- b. How many levels are there in the food pyramid?
- c. Is food pyramid helpful? Why?
- d. How much of each food group should we eat?
- e. What should you do regarding the choice of food?

Ans:

5. Make WH-questions from the given sentences.

a. Laila is friend of Rokeya.

Ans:

b. Sima is at home today.

Ans:

c. Monowara Islam makes dresses.

Ans:

d. The doctor visited Sima last night.

Ans:

e. The Olympic Games is the biggest sports competition in the world.

Ans:

6. Rearrange the words in the appropriate order.

a. we/our/night/slept/ at/ tents/ in.

Ans:

b. together /group/ we / our / talked / in.

Ans:

c. shouldn't / much / too / you / worry.

Ans:

d. are / disasters / world / there / the / many / in.

Ans:

e. about / Nepal / heard / earthquake / we / in / the.

Ans:

7. Rakibul Islam is student of class 5. His hobby is painting. His father's name is Mr. Alam Islam. and mother's name is Rokeya Islam. His date of birth is 8 May 2009. Now fill up the form using Rakibul Islam's information.

a. Name	:	-----
b. Class	:	-----
c. Father's Name	:	-----
d. Mother's Name	:	-----
e. Date of Birth	:	-----
f. Hobby	:	-----

Ans: