

1. Fill in the blanks with appropriate words:

- i. ____ is one of our basic needs.
- ii. We need food for growing and ____.
- iii. Food helps us to ____ diseases.



- iv. _____ build our ____ and ____.



- v. _____ food keeps us ____.
- vi. ____ helps us to digest food.

2. Identify true or false from the following statements and write down on your answer script:



- i. _____ is not our basic need.
- ii. Food gives us energy to work and play.
- iii. We eat only one type food.
- iv. Food can be divided into three main groups.
- v. Food doesn't keep us healthy.

3. Choose the correct answer from the given options and write down on your answer script:

- i. Food can be divided into ____ main groups.
a. 4 b. 5 c. 3 d. 2
- ii. Which one is not body building food?
a. Milk b. Fish c. Egg d. Rice

- iii. Which foods give us energy to work and play?
 - a. Body-building foods
 - b. Energy-giving foods
 - c. Protective foods
 - d. None of them
- iv. Which one is energy-giving food?
 - a. Rice
 - b. Sugar
 - c. Butter
 - d. All of them.
- v. At least how many glasses of water is needed daily to keep us strong?
 - a. Four
 - b. Two
 - c. Ten
 - d. Eight

4. Answer the following questions in one word:

- a. What gives us energy to work?
- b. Which foods build our bones and muscles?
- c. Which food helps us to fight diseases?
- d. What helps us to digest food?

5. Answer the following questions in short:

- a. What is balanced diet?
- b. Why are protective foods necessary for us?

6. Answer the following questions in brief:

- a) Why is water essential for us?