

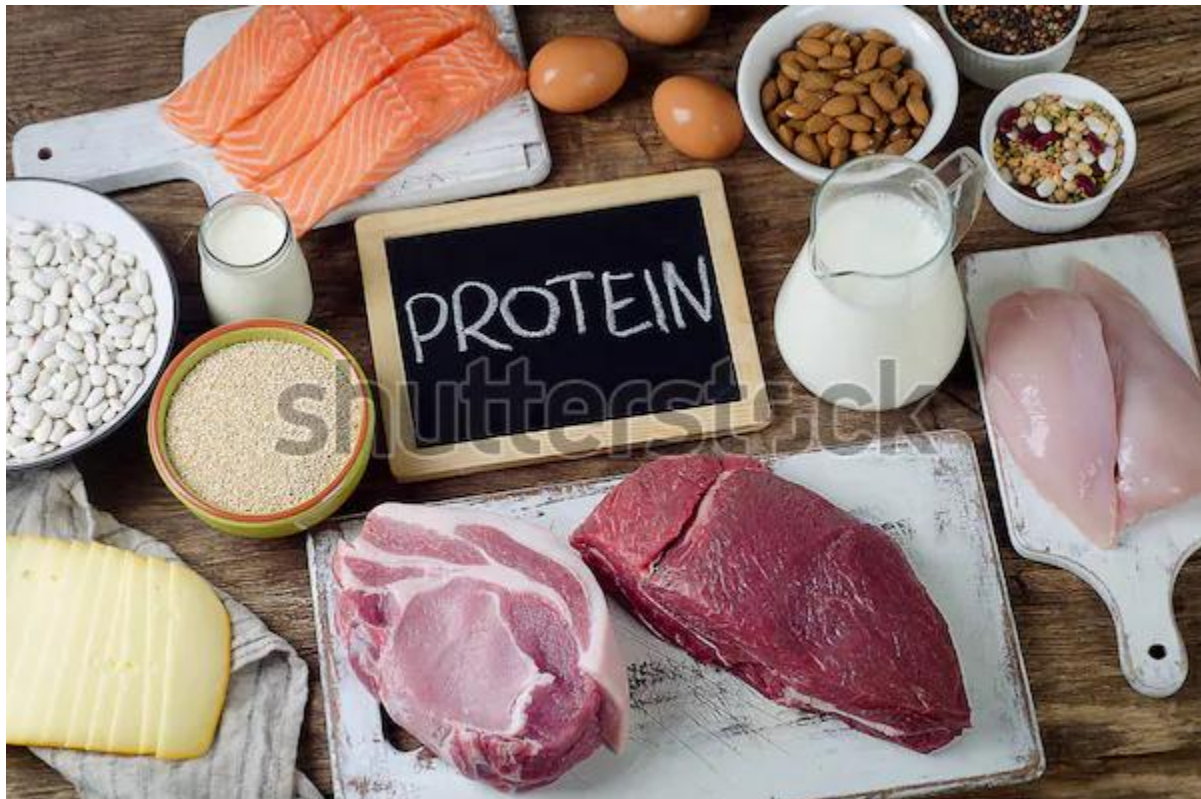
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Class – 2

Lesson – 9

Food

Protein --- Fish, Meat, Egg. Protein food build our body .



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Carbohydrates --- Rice , Bread , Sweet. Carbohydrates give us energy.



Vitamin --- Fresh vegetables and fruits. Vitamin increase the power of prevention of diseases.



Fat --- Oil, Ghee, Butter .Fat maintain our body temperature.

Answer the following questions :

- a) Which kind of food gives us energy ?**
- b) Which kind of food helps to make our body ?**
- c) What is the function of fish, meat and egg to our body ?**
- d) Which kind of food maintains our body temperature ?**

Answer :

- a) Rice , bread and meat give us energy.**
- b) Fish, meat, egg help to make our body.**
- c) To make our body.**
- d) Oil, ghee, butter maintain our body temperature.**