

1. Fill in the blanks with appropriate words:

- i. Food.
- ii. Working.
- iii. Fight.
- iv. Bones and muscles.
- v. Healthy.
- vi. Water.

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

- i. False.
- ii. True.
- iii. False.
- iv. True.
- v. False.

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

- i. C. 3
- ii. D. rice.
- iii. B. energy-giving foods.
- iv. D. all of them
- v. A. four

4. Answer the following questions in one word:

- a. Food.
- b. Body-building food.
- c. Protective foods.
- d. Water.

5. Answer the following questions in short:

- a. Balanced diet means the intake of right amount of foods from all groups.

- b. Protective foods are necessary because these foods help us to fight diseases. They keep us healthy.

6. Answer the following questions in brief:

- a) Water is essential for us because-
1. Water helps us to digest food.
 2. It also cleans our body from inside.
 3. It helps to keep our body strong and healthy.