

Read the following text and answer questions no. 1, 2, 3 and 4.

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

Look at the picture of food pyramid. 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	i. having a very pleasant taste
b. Group	ii. in a good condition
c. Delicious	iii. not similar
d. Choice	iv. category
e. Healthy	v. act of choosing

2. Write 'True' for correct statement and 'False' for incorrect statement.

- The food pyramid consists of different food groups.
- In order to have strong bones, we must take oily food.
- Vitamins strengthens our eyesight.
- The food group which are at the top of the pyramid must be consumed more.
- Fruits and vegetables contain mineral.

3. Answer the following questions.

- a. What kind of food do we need to take more? Why should we make good choice of food?
- b. What is food pyramid? Why is food pyramid important?
- c. Which food item provide us protein? Why fruits and vegetables important?
- d. Give example of some grain food. Why are they important?
- e. What are the importance of dairy products and fat?

4. Make Wh-questions from the given sentences with Who, What, Where, Why, Which and How using the underlined word/words.

- a. Sima and Biju are answering the question.
- b. Free time is another way to say leisure time.
- c. 366 days make a leap year.
- d. Sima is using a lot of tissues because she has a runny nose.
- e. December is the last month of the year.

5. Read the instruction about visiting a doctor. Then answer the following questions.

- Go to the doctor
- Tell him about your fever and other problem.
- Let him check you.
- Listen to the advice of doctor carefully.
- Take the medicine accordingly that is prescribed and follow the instruction of doctor.

Questions:

- a. When should you go to the doctor? (Knowledge)
- b. Why should you take the medicine according to the prescription of the doctor? (Understanding)
- c. What do you do when you become ill? (Application)