

## Chapter : 3

### Food For Us

#### I.Fill in the blanks:

1. We get food from plants and animals.
2. We get eggs and milk from animals.
3. Sugar and rice are energy –giving foods.
4. Grains and pulses are body building foods.
5. People who eat fish, eggs and meat are called non-vegetarians.
6. We should eat our meals at fixed time.
7. We should not eat junk food.

#### II. Answer the following:

1. Why do we need food?  
Ans: We need food to get energy and stay healthy.
2. What are energy – giving foods?  
Ans: Food that give us energy to work and play are called energy giving food.
3. What are protective foods?  
Ans: Foods that protect us from diseases are called protective food.
4. What is a balanced diet?  
Ans: A balanced diet is the proper quantity of food in each group.
5. How can we keep ourselves healthy?  
Ans: We can keep ourselves healthy by taking proper balanced diet and regular exercise.

#### III. Write true or false:

1. We should talk while eating. [ false]
2. We need food to grow. [true]
3. We should not waste food.[true]
4. Dirty food makes us healthy. [ false]
5. We should wash our hands before and after meal.[true]

#### IV. Give two examples of each:

1. Energy -giving foods: Rice, sugar
2. Body –building foods: Milk, eggs
3. Protective –foods: Apple, carrot

#### V. Sort out the energy giving food, body building food and protective foods:

( Apple, chicken, bread, pulses, carrot, milk, fish, sugar, tomato, egg, wheat, rice)

**ENERGY GIVING FOOD****BODY BUILDING FOOD****PROTECTIVE FOOD**

Bread	Chicken	Apple
Sugar	Milk	Carrot
Wheat	Fish	Tomato
Rice	Egg	
	Pulses	

**VI: Drawing:**

1. Draw two energy giving foods:
  - Potato
  - Rice
2. Draw two protective foods:
  - Apple
  - Carrot