

## Chapter-6

### Food we eat

#### 1. Complete the spelling:-

1. Energy
2. Strong
3. Healthy
4. Meal
5. Dinner

#### 2. Fill in the blanks:-

1. We eat food.
2. Food makes us strong.
3. We cannot live for long without water.
4. Breakfast gives us the energy to start the day.
5. We should wash our hands before meals.

#### 3. Write true/false:-

1. We eat dinner in the morning. False
2. We need food and water to live. True
3. We should eat junk food daily. False
4. The food eaten at a particular time of a day is called a meal. True
5. We should not eat food at fixed times every day. False

#### 4. Answer the following questions:-

Q1. Why do we eat food?

Ans. We eat food to grow and become healthy.

Q2. How many meals do we have in a day?

Ans. We have three meals in a day – breakfast, lunch and dinner.

Q3. When do we eat dinner?

Ans. We eat dinner at night.

#### 5. Match it:-

1. Breakfast – morning
2. Lunch. – afternoon
3. Dinner. – night
4. Pizza. – junk food

6. Draw the following:-

1. Two vegetables



Tomato



Brinjal

2. Two fruits



Mango.



Apple