

Lesson -5: Our Food

Name: _____ Class: I_Sec: _____ Roll.No. _____ Date: _____

1. Choose the correct word from the help box and fill in the blanks:

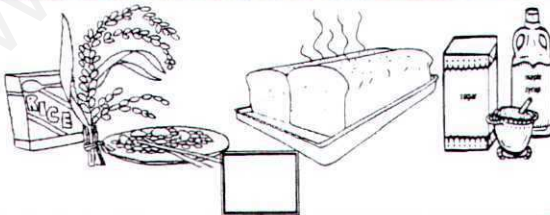
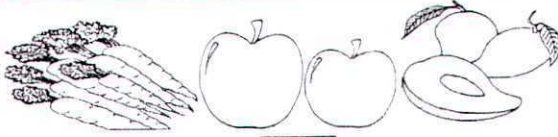
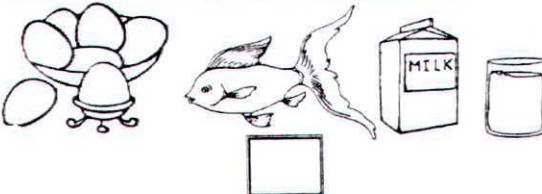
1. We should _____ our food properly.
2. We should have our _____ at fixed time.
3. _____ is a complete food.
4. We should _____ our hands before and after meals.
5. Toffees, chips and cold drinks are not good for our _____.

health
wash
chew
meals
Milk

II. Write the following statement 'True' or 'False'.

1. We should buy food from road side vendors.
2. We should have good food habits.
3. We have two meals a day.

III. Match the following by writing correct number in the given box and by writing names of the given food items in the proper column.

1. Body building food	 <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/>	<hr/> <hr/> <hr/> <hr/>
2. Energy giving food	 <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/>	<hr/> <hr/> <hr/> <hr/>
3. Healthy food	 <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/>	<hr/> <hr/> <hr/> <hr/>

IV. Complete the grids:

1. It is the first and important meal of a day.

We eat egg, bread, fruits and milk.

B			a		f			t
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2. It is the second meal, we eat in the afternoon.

In this meal, we have a good combination of body building, energy giving and healthy food.

L		n		h
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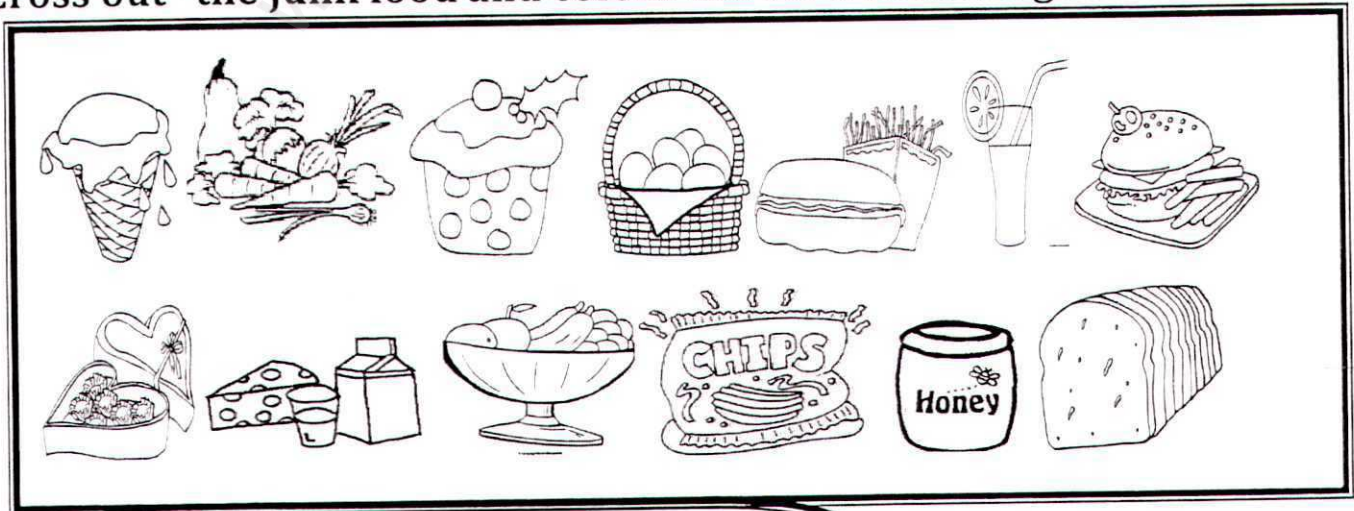


3. It is the last meal of the day. We eat light food along with fruits and milk.

D		n		e	
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V. Cross out the junk food and colour the food which is good for us:



We should not waste food. Good children always share food with those people who have nothing to eat.

