

**Chapter- 5 Our Food****Q I. New words:**

1	Energy	11	Lunch
2	Strong	12	Breakfast
3	Healthy	13	Dinner
4	Potato	14	Babies
5	Sugar	15	Mashed
6	Butter	16	Spicy
7	Carrots	17	Gujhiya
8	Grains	18	Uncovered
9	Cereals	19	Roadside
10	Pulses	20	Plenty

**Q .II Answer the following question :**

**Q1: Name two foods that we get from animals.**

Ans: Two foods that we get from animals are milk and butter .

**Q 2: How many meals do we eat in a day?**

Ans: We eat three meals in a day.

**Q 3: Write three good food habits.**

Ans: Good food habits are as follow-

I ) Wash hands before and after every meal.

II ) Eat slowly and chew the food well.

III ) Eat food at a clean place and in clean dishes

**Teacher's signature****Principal signature**

