

HW

Evs (The food we eat) Revision

Thursday
Date 24/5/23

Q.1. a) One word answer

1) Food that gives us energy, energy giving food

2) Food that helps build our body, body building food

3) Food that protects us from diseases, protective food

4) We must drink this to stay healthy, water and milk

5) Food we should avoid eating often, junk food

6) Eating the right kind and amount of food is called balanced diet

7) We get milk from this animal, cow

8) A fruit rich in vitamin C, orange

9) We must wash our hands before doing this, eating anything

10) This first meal of the day, breakfast

Thursday
Date 24/7/25

Fill in the blanks

- 1) We eat food to get energy and grow
- 2) Milk and eggs are body building food.
- 3) Fruit and vegetable are protective foods
- 4) We should drink plenty of water
- 5) Junk food is not good for our body
- 6) A balanced diet keeps us healthy
- 7) We must eat food at the right time
- 8) Rice and chapati give us energy
- 9) A protective help protect us from falling sick
- 10) Dal and pulses help build our muscles

Q.2.A) True or false

- 1) Food helps us grow and stay healthy. True
- 2) We should eat junk food every day. False
- 3) Milk is a protective food. False
- 4) Carrots and spinach are healthy vegetables. True
- 5) Skipping meals keeps us healthy. False
- 6) Water is not important for our body. False
- 7) We should wash fruits before eating them. True
- 8) Body-building food help in making our muscles strong. True
- 9) We should eat only one type of food. False
- 10) Clean food and water keep us safe from diseases. True

Riddles

Thursday
23/1/25

- 1) I'm white and come from a cow, children drink me every day — What am I? milk
- 2) I'm sweet and yellow, monkey love me every day — What am I? Banana
- 3) I'm round and red, you eat me in salads — What am I? Beetroot
- 4) I'm green outside, red inside, and full of water — What fruit am I? water Melon
- 5) You boil me and eat me with rice or chapati — What am I? Egg
- 6) I am crunchy and orange, good for your eyes. What am I? carrot

- 7) I am a leafy vegetable, often cooked or put in soup - What am I? spinach
- 8) You crack me open to find a white and yellow part - What am I? egg
- 9) I am eaten in the morning and give you energy - What meal am I? breakfast
- 10) I am salty and crunchy, but not good for you - what snack am I? chips

Q.1.A) Short Answer Questions

1) Why do we need food?

→ We need food to stay healthy and grow.

2) Name three energy-giving food.

→ Rice, wheat and sugar

3) What are body-building foods?

→ Foods that help build our muscles and body like milk, eggs, and pulses

4) Give two examples of protective foods. → Fruit and vegetable

5) Why should we eat fruits and vegetables every day?

→ Because they protect us from diseases and keep us healthy

6) What is a balanced diet?

→ A diet that has all types of food in the right amount

7) Why should we drink clean water?

→ To stay healthy and avoid disease

8) Why should junk food be avoided?

→ Because it is unhealthy and harmful to our body.

9) How does food help us grow?

→ Food gives us energy and helps in body development.

10) Why is it important to eat on time?

→ To keep our body active and healthy.