

**Chapter - 6**  
**Food**

Difficult words:-

1. Food
2. Need
3. Grow
4. Stay
5. Alive
6. Strong
7. Milk
8. Product
9. yoghurt
10. Hygienic
11. Cereals
12. Fresh
13. Breakfast
14. Lunch
15. Dinner
16. Herbivorous
17. Carnivorous
18. Overweight
19. Drink
20. Omnivorous

1. Fill in the missing letters:-

- (a) What we eat or drink is called f o o d.
- (b) Unhealthy food can make us i l l .
- (c) F r u i t is a healthy food.

2. Write (T) for true and (F) for false sentences.

- (a) Pizza is a healthy food. (F)
- (b) Nuts are healthy food. (T)
- (c) food helps us to grow. (T)

3. Answer the following question:-

1. What is food?

Ans. Anything we eat or drink is called food.

2. Where do we get food from?

Ans. We get food from animals and plants.

3. Why do we need food?

Ans. We need food to grow and stay alive.

4. Name three things made from milk.

Ans. Ghee, cheese, paneer.

5. Name two vegetables that can be eaten raw.

Ans. Carrot, tomato.

6. Name three meals of the day.

Ans. Breakfast, lunch, dinner.

4. Match the following

Drinking water - clean and filtered.

Eggs and milk – animals.

Fruits and vegetables – plants.

Healthy mix of food items – balanced diet.

Apples and oranges – fruits.

5. Fill in the blanks:-

Unhealthy, strong, healthy, herbivorous, carnivorous, omnivorous.

1. Herbivorous are plant eaters.

2. Carnivorous are meat eaters.

3. Animals that eat both plants and meat are called omnivorous.

4. Healthy food helps us to become strong and healthy .

5. Unhealthy food makes us overweight and ill.