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# The Food We Eat

We need food. Food helps us to grow well.  
 Food helps us to stay healthy. Food gives us energy to play and work. Here are the different kinds of foods we eat.  
 Tick the foods you eat.



fruits



vegetables



butter, ghee, oil



cereals



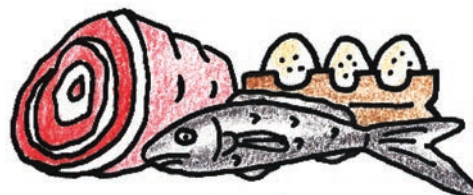
milk



things made from milk



pulses



meat, fish, eggs



water, sharbat

C. Answer.

1. Name a few things made from milk.

.....

2. What will happen if you eat dirty food or drink dirty water?

.....

3. Name two cereals.

.....

D. Name five fruits.

.....

.....

E. Name five vegetables.

.....

.....

F. Write T for true and F for false.

1. Food helps us to grow well.

2. We get sugar from animals.

3. Fruits should not be washed before eating.

4. Mangoes grow on trees.

G. 1. Name two things which can make food dirty.

f..... and d.....

2. Leftover food is kept in the **r .... f r .... g .... r .... t .... r.**