

L. 4 My Food Habits

Page No.

FOUNDA

* New words ..

1. Pulses

2. Cereals

3. Vegetables

4. Energy

5. Chapati

6. Breakfast

7. Healthy

8. Important

9. Morning

10. Habits

Date: _____ YOUVA

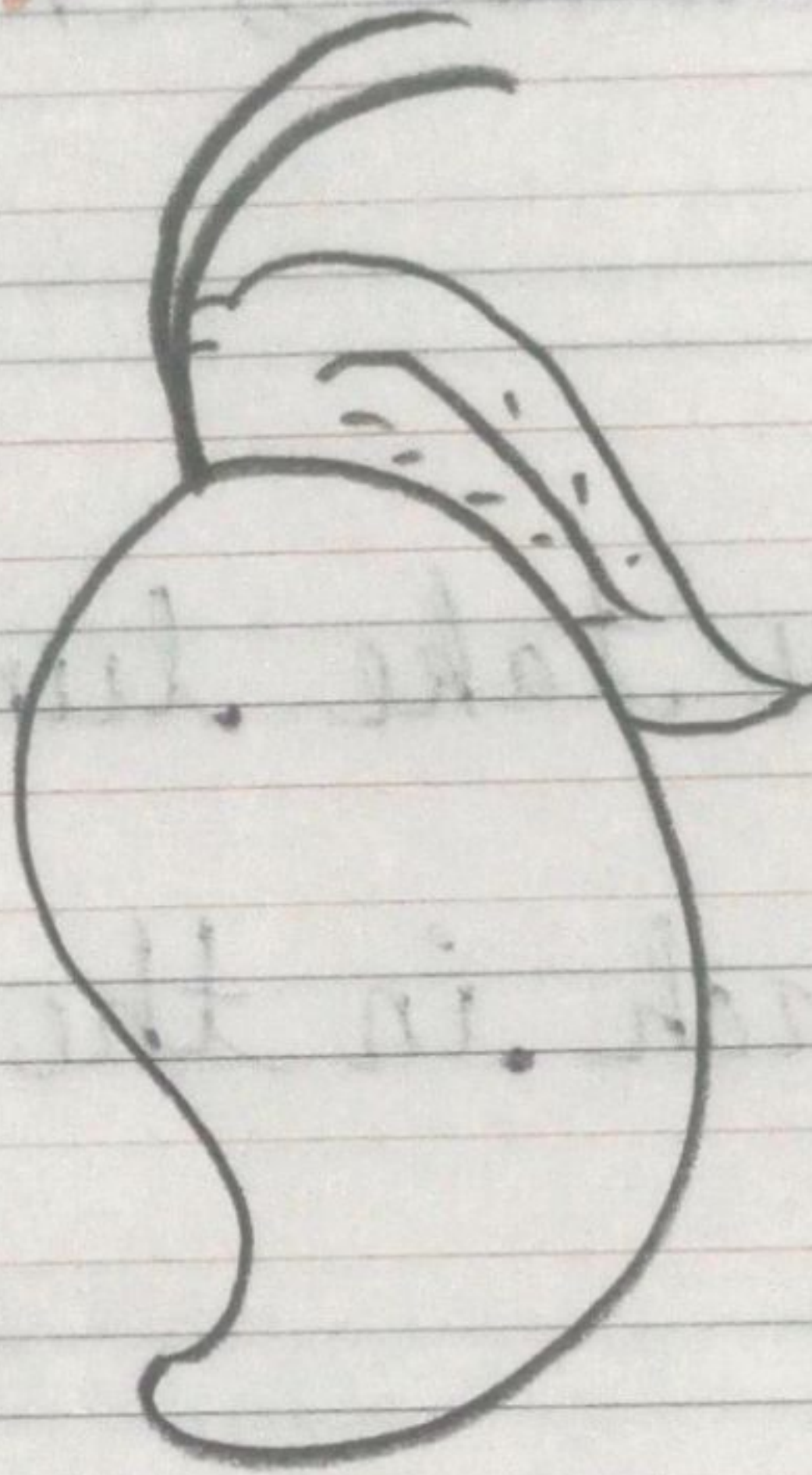
★ Write 'T' for True and 'F' for

False

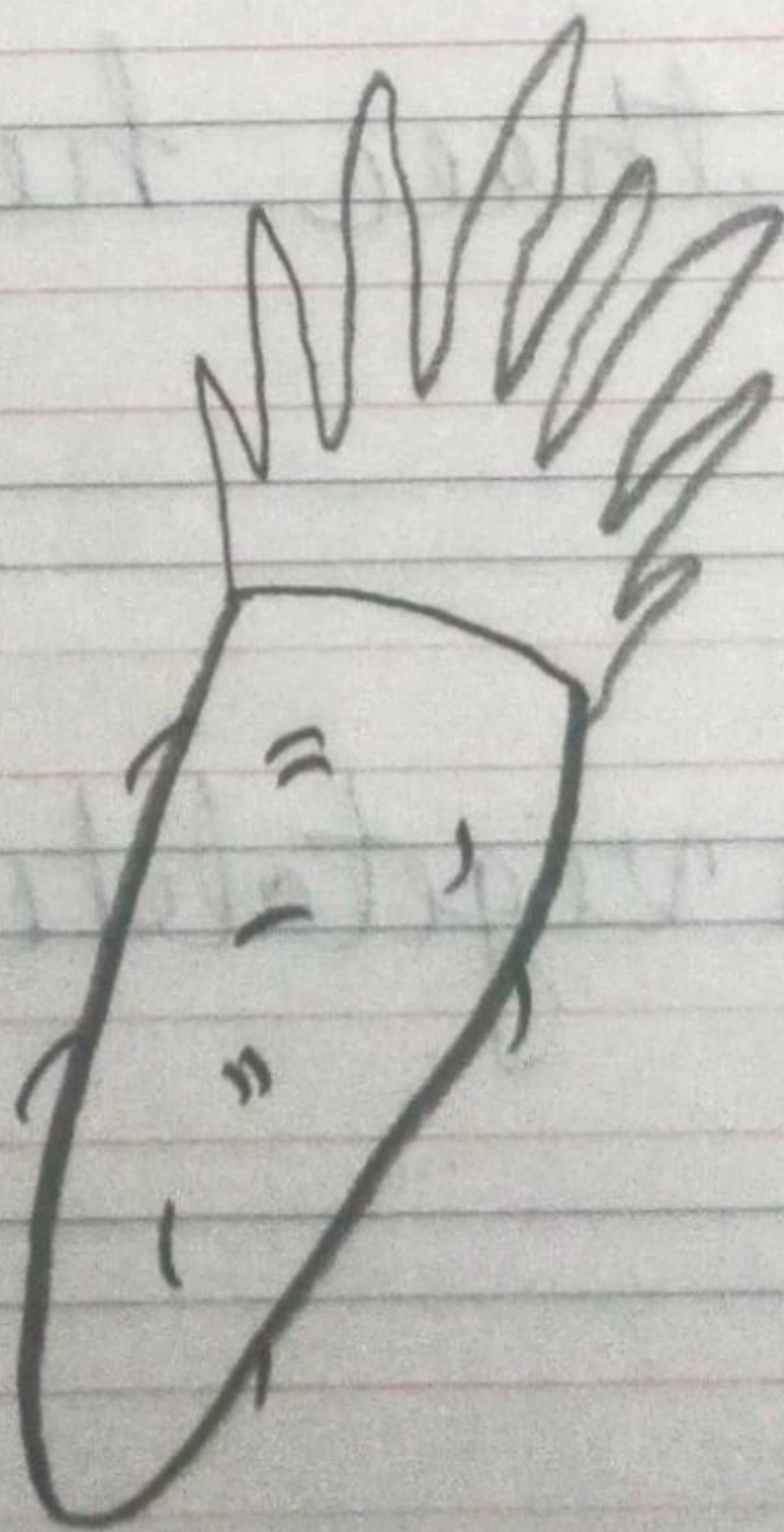
1. Food makes healthy and strong. T
2. We get grains and nuts from plants. T
3. Drinking 8-10 glasses of water daily. T
4. Animals gives us milk, eggs, meat and honey. T
5. In the morning we have dinner. F

* Draw the diagram of one fruit
and vegetable :

a) Mango :



b) Carrot :



* Question Answer

Q.1 Mention any four milk products.

A.1 1) Butter 2) Curd 3) Cheese 4) Cream

Q.2 When do you take lunch?

A.2 We take lunch in the afternoon.

Q.3 Name any three healthy food item:

A.3 1) Fruits 2) Vegetables 3) Millets