

L. 3. Food

Hard words

10. vegetarians

1. energy

11. Non-vegetarian

2. vegetables

12. digest

3. protective food

4. body-building

5. healthy

6. pulses

7. diseases

8. breakfast

9. lunch

Ques. ans

Q1/ Why do we need food?

Ans We need food to grow and to become strong and it also gives us energy to work and play.

Q2/ Where do we get food from?

Ans We get food from plants and animals.

Q.3 What is the difference between vegetarians and non-vegetarians?

Ans → People who do not eat fish, chicken, meat and eggs are called vegetarians and people who eat fish, chicken, meat and eggs are called non-vegetarians.

Q.4 Why do we cook food?

Ans → We cook food to make it

soft, tasty and easy to digest.

Q-5 How is water important for our body?

Ans Water helps us to digest the food we eat. It helps us to throw out the undigested waste from our body.