

1-3 Food

* Difficult words :-

- 1) energy
- 2) vegetables
- 3) protective
- 4) body-building
- 5) healthy
- 6) pulses
- 7) diseases
- 8) breakfast
- 9) lunch
- 10) vegetarian
- 11) non-vegetarian
- 12) digest

* Ques - Ans

Q.1 Why do we need food?

Ans -> We need food to grow and to become strong.

It also gives us energy to work and play.

Q.2 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?

<u>Ans</u> → Vegetarian	non-vegetarian
People who do not eat fish, chicken, meat and eggs are called vegetarian	People who eat fish, chicken, meat and eggs are called non-vegetarian

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.