

Date _____
Page _____

L: 04 My Food Habits

* New words:

- 1 Habits
- 2 Morning
- 3 Healthy
- 4 Energy
- 5 Pulses
- 6 Cereals
- 7 Chapati
- 8 Breakfast
- 9 Vegetables
- 10 Important

Date _____
Page _____

✖ Give two examples:

1. Cereals = rice wheat

2. Pulses = Kidney Beans Green gram

3. Fruits = mango orange

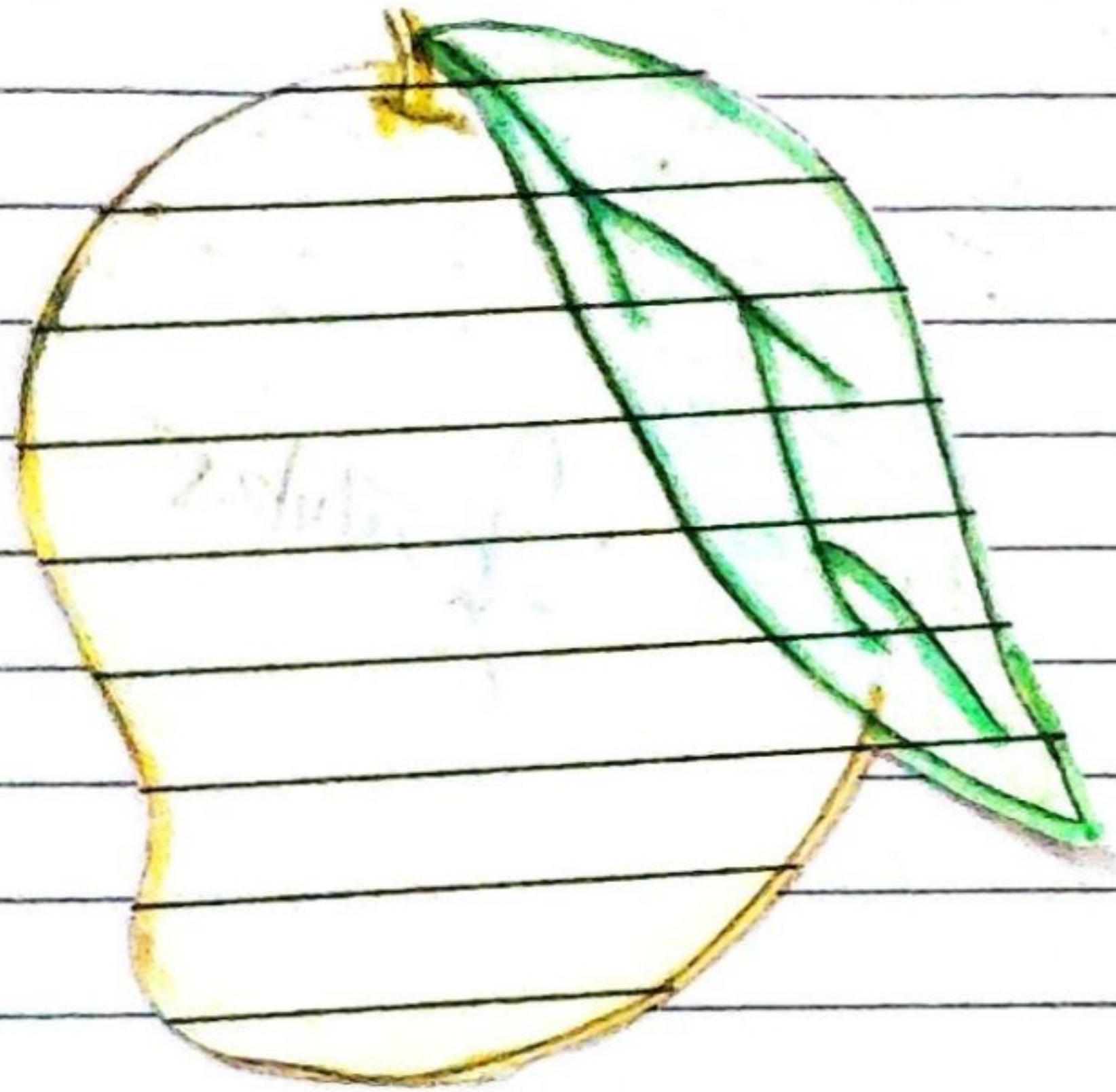
4. Vegetables = cabbage peas

5. Milk Products = butter curd

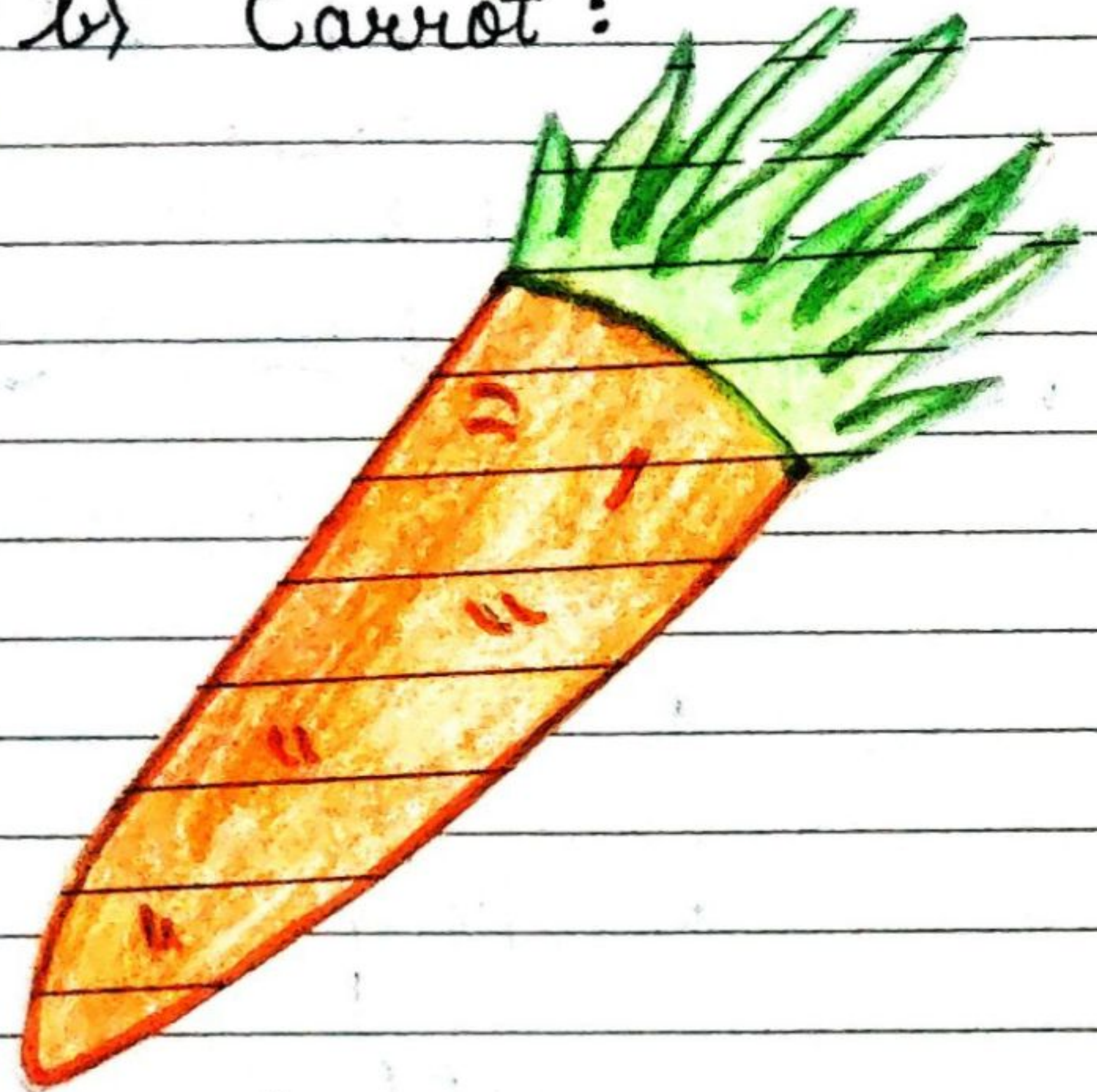
* Draw the diagram of one fruit and vegetable :

[IN SCRAP BOOK]

a) Mango :



b) Carrot :



* Question - Answer :

1. Why do we need food ?

→ We need food to get energy.

2. Name three types of meals :

→ a) breakfast

b) lunch

c) dinner