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New words :-

- 1.) energy.
- 2.) disease
- 3.) store
- 4.) damage
- 5.) meal.
- 6.) germs
- 7.) utensils
- 8.) chew.
- 9.) stale
- 10.) refrigerator.
- 11.) rinse.

Que- Ans.

Q-1. Why should we not eat dirty or stale food?

A-1. Dirty or stale food may have germs in it. Germs can make us sick.

Q-2. In what ways does food help our body?

A-2. Food gives us energy to work and play. It helps our body to grow, fight diseases and stay healthy.