



Exercises

A. Fill in the blanks. Choose words from the box.

dirty groups fresh water chew meal times

1. Eat food from all the four food groups every day.
2. Drink plenty of water every day.
3. Eat at proper meal times.
4. Do not eat or drink dirty food or water.
5. Eat fresh food or food that has been properly stored.
6. Always chew your food well.

B. Put ✓ for True and × for False.

1. To be healthy we should eat different types of food. ☒
2. Some foods help our body to grow. ☒
3. It is not necessary to drink water every day. ☒
4. We should eat at any time of the day. ☒
5. Dust and flies bring germs to food. ☒

C. Put a ✓ on the correct answer.

1. Food helps our body to
 - a. grow
 - b. fight diseases
 - ☒ c. both a and b
2. To help our body grow we should eat
 - a. bread
 - b. butter
 - ☒ c. eggs
3. Germs are present in
 - a. clean food
 - ☒ b. dirty food
 - c. fresh food
4. Which of these is a good food habit?
 - a. eating in a hurry
 - ☒ b. rinsing mouth after eating
 - c. leaving cooked food open

D. Name two food items each.

1. Foods that give us quick energy.
2. Foods that give us energy to store.
3. Foods that help our body to grow.
4. Foods that help our body fight diseases.

bread.....	chapati.....
butter.....	oil.....
eggs.....	milk.....
apple.....	spinach.....

E. Answer these questions.

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

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2. In what ways does food help our body?

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Thinking Skills

21st CS

1. Ruchi eats rice, chicken, eggs and fish, but she does not eat vegetables and fruits. What can be the effect of this habit on her health?

Ruchi's body will not be able to fight against diseases as she does not eat fruits and vegetables. So, she can fall ill very often.

2. Rohit bought samosas from a shop that has a number of flies and cockroaches. When his mother found out she asked him not to eat the samosas. Why?

Flies and cockroaches make food dirty and bring germs to it. Rohit can fall ill if he eats the dirty samosas.

LEARNING BEYOND CLASSROOM



Foods that have a lot of sugar give us quick energy, and foods that have a lot of butter and oil provide us with energy to store. But eating food with too much sugar, butter or oil in it, such as pastries, fries and samosas is bad for us. They can cause our weight to increase. This can result in a number of diseases as we grow older.

That is why such foods are called 'junk foods'.