

Question/ Answer

Q 1-Why do we need food?

A-We need food to grow and to remain fit and healthy.

Q-2 Write three meals of the day.

A- Breakfast ,lunch and dinner.

Q- How do food help us?

A -They help us to grow,food gives us energy to play and study,food keeps us healthy.

Q-Name the food which can be eaten raw.

A-Cucumber,radish,carrot and all fruits can be eaten raw.

Q-Name the food which need to be cooked before eating.

A-Rice,dal,egg,meat and most vegetables need to be cooked.

Q-Write any four points of healthy habits.

A-Wash your hands before and after eating,eat fresh and clean food,eat slowly and chew your food well,wash fruits before eating them.