



Food for Us



Get Set!

Write F for fruits. Write V for vegetables.

V



F



V



V



F



F



F



F



V



Write the names of two

★ fruits you like.

★ vegetables you like.

mango, Banana, Orange
Ladyfingers, Brinjal, Potato

Tell your partner the names of these food items.
Tick (✓) the food you like.





Read and answer



A Tick (✓) the correct pictures.

1. We eat this when we are hungry.

a.



b.



2. We eat this raw.

a.



b.



3. We cook this before eating.

a.



b.



4. We do this before and after every meal.

a.



b.



B Write H for healthy food habits.

1.



does not wash her hands before eating.

2.



eats fresh food.

H

3.



chews his food well.

H

4.



leaves food on her plate.

C Think and answer.

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Ria's mother gave Ria an apple. What should Ria do before eating the apple? *She should wash it.*



Do and learn



D ACTIVITY Who am I?

1. I am a red fruit. My name rhymes with merry.

I am a c h e r r y 

2. I am a vegetable. My name rhymes with parrot.

I am a c a r r o t 

3. I am a brown vegetable. My name rhymes with tomato.

I am a p o t a t o 

4. I am a yellow fruit. My name rhymes with tango.

I am a m a n g o 

Hello!
I am Speedo.
I love to eat
fruits.



E CRAFT ACTIVITY Tear bits of red paper. Paste them as shown.

