

## **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.**