



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.

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 

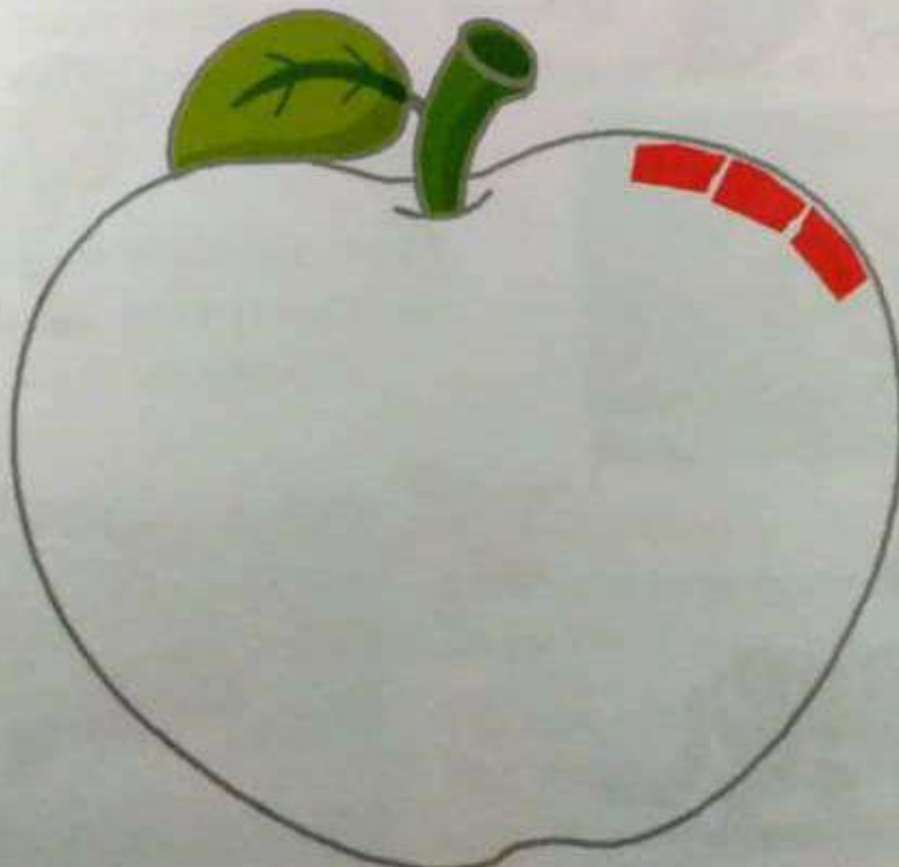
4. I am a yellow fruit. My name rhymes with tango.

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.



Do this work in your copy.

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.