

1. Fill in the blanks with the words given below :

food	breakfast	afternoon	milk	plant	play
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- We take lunch in the
- Food gives us energy to work and
- We make cheese from
- We get food and vegetables from
- We take in the morning.
- We all need

2. Complete the following sentences.

- We eat food because –
 - It gives us
 - It makes us
 - It helps us to
- We eat –
 - Breakfast in the
 - Dinner at
- We should eat our meals at the night time –
 - It keeps us and

MILK IS A COMPLETE FOOD. WE SHOULD DRINK AT LEAST TWO GLASSES OF MILK EVERY DAY

3. Name the following.

1	Two Fruits You Like The Most		
2	Two things you like to have for breakfast		
3	Two vegetable you like the most		
4	Two eating good habits		
5	Two things that you should avoiding		

4. Circle the correct word and write it –

- We should eat slowly in a hurry
- The meal that we take in the morning is called lunch breakfast
- We make butter from milk fruits
- is a complete food wheat milk

**OILY FOOD AND COLD
DRINKS ARE NOT GOOD
FOR HEALTH**

**Too many sweets,
toffees, and chocolates
spoil our teeth.**

Keep in mind