

[Do in your copy]

WORKSHEET - 3

Name	
Date	

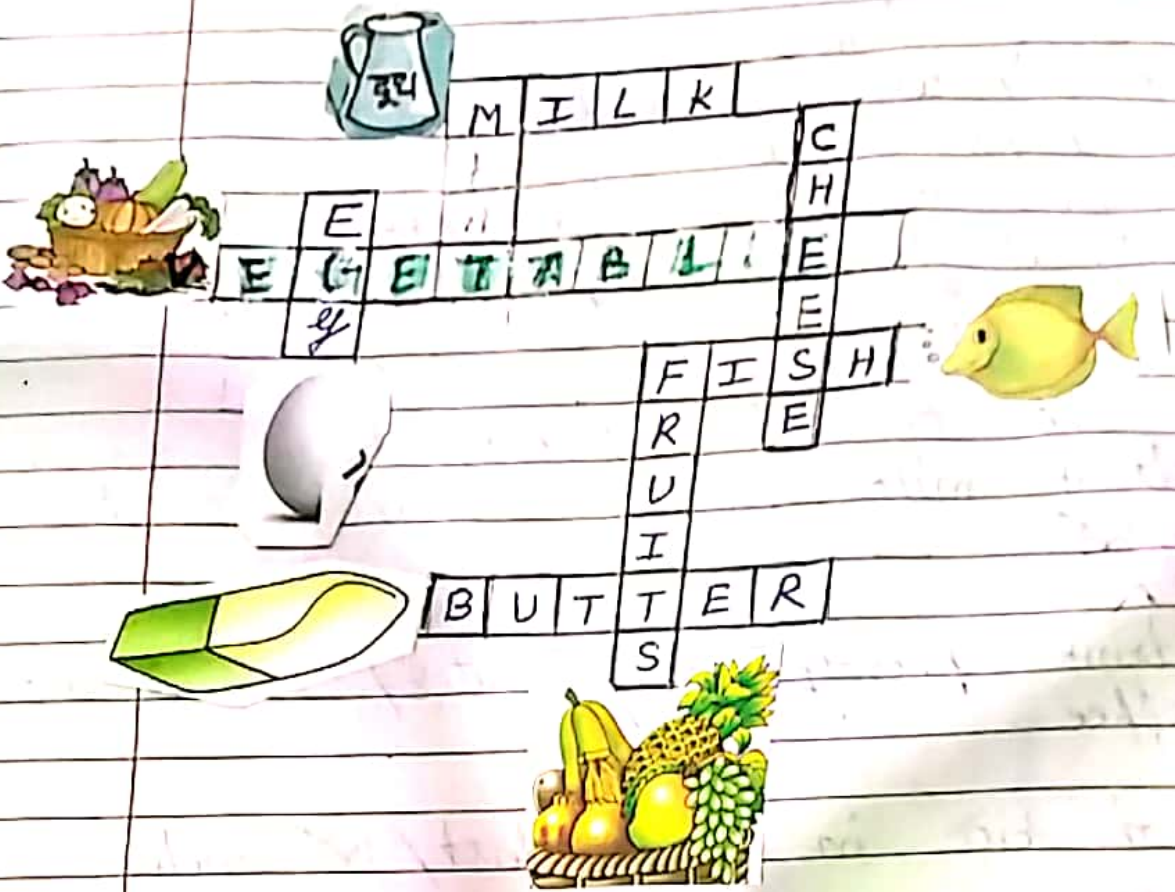
A. Fill in the blanks.

1. We eat a variety of foods.
2. Food helps us to grow.
3. Food gives us strength to work and play.
4. Good food habits keeps us healthy and fit.

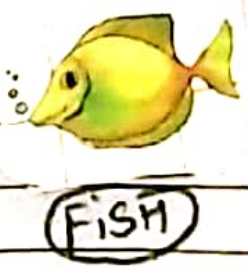
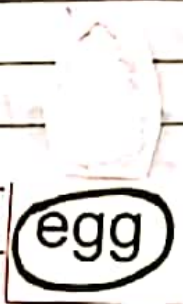
B. Tick the correct answers.

1. I drink milk once / twice / thrice daily.
2. I drink plenty of water / cold-drinks coffee.
3. I eat rice in breakfast / lunch / dinner.
4. Food gives me strength to work / fight / sleep.

C. Look at the picture clues and solve the puzzle.



Q Circle the food we get from animals



E Answer these questions.

Q.1 What do we get from the food that we eat?

Ans We get energy from the food.

Q.2 Write the name of three food items that we get from animals.

Ans. 1. Egg 2. Meat 3. Milk.

Q.3 Name three ^{food} items that we get from plants?

Ans 1. Vegetables 2. fruits 3. pulses/pulses

Q.4 A list of eatables is given below. Try to put them at the correct places in the given table.

rice, papaya, wheat, radish, cabbage, green chilli, peas, carrot, eggs, banana, fish, mango, lady's finger, tomato, meat, corn, potato.

Eaten after cooking	eaten raw	eaten raw as well as after cooking
rice	papaya	cabbage
wheat	radish	peas
green chilli	carrot	tomato
egg	banana	
fish	mango	
lady's finger		
meat		
potato		

[H.W.]

Q Draw the picture of five fruits and colour it

1

2

3

4

5