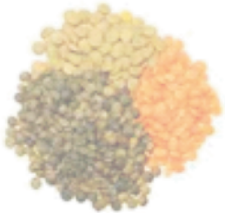


FOOD WE EAT

Look at the grid given below. Colour the grids with body building food in blue, protective food in pink and energy giving food in yellow.



Cereals	Lintels	butter	Meat
Apples	cheese	milk	chocolates
Carrot	Burger	Pizza	Lassi
Curd	Ice-cream	Potato	Rice
Fish	Soybeans	Groundnuts	eggs
Oil	Juices	Sugar	Wheat

**Why do you think water is important for our body?
Explain**



Name _____ Date _____

Choose the correct option

1. Which of the following is an energy giving food?

a.



b.



c.



2. Which of the following is a protective food?

a.



b.



c.



3. Which of the following is a body building food?

a.



b.



c.



4. Which of the following is a source of roughage?

a.



b.



c.



5. Which of the following is a balanced diet?

a.



b.



c.



Shikhar has studied about various groups of food and what do each group contain. However while noting down in his notebook he has mixed up the groups and their components. Can you match each food group with the right component?

Energy giving

foodproteins

Body building food

vitamins and minerals

Protective food

fats and carbohydrates

Also tell your friend Shikhar about roughage- what is it and where can he find it?

KRISHNA
PUBLIC SCHOOL



Name _____

Date _____

Brain Fuel

What important vitamins and minerals helps to improve your memory? Find out by tracing the answer below:



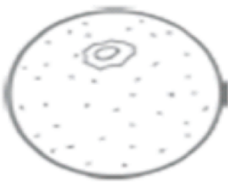
VITAMIN

B6



VITAMIN

B12



VITAMIN

C



VITAMIN

E



Beta Carotene



Omega 3



Name _____

Date _____

MATCH THE FOLLOWING.



Body building food



Protective food



Energy giving food

PICK OUT THE ODD ONE

1. Bread, sugar, wheat, carrot, potato
2. Apple, orange, pulses, spinach, grapes
3. Egg, meat, fish, milk, rice, pulses



Name _____

Date _____