

MOUNT CARMEL SCHOOL

Q1 Choose the correct options:

- 1 Body building foods _____
- 2 Protective foods _____

Q2 Fill in the blanks: DRAG AND DROP

live 6 to 8 Protective non- vegetarians digest

- 1 People who eat meat and eggs are called _____
- 2 We must drink _____ glasses of water every day.
- 3 Water helps us to _____ the food.
- 4 _____ foods prevent us from falling ill.

Q3 Choose true or false-

- 1 Eating too much food is called overeating.
- 2 We get food from plants and animals.
- 3 We should talk while eating.
- 4 Junk foods are good for our health.

Q4 Tick the correct answer:

- 1 Vegetarians do not eat-
a) Fish b) Apple
- 2 Energy- giving food:
a) Wheat b) Egg
- 5 Eating right food in right quantity:
a) Balanced Diet b) Protective Food

Q5 Observe the pictures and write E for energy-giving food and B for body- building food

