

Fill in the blanks-

1. We should drink a proper amount of _____ along with a good diet.
2. _____ is made by crushing grains.
3. Farm birds whose eggs are used as food are called _____ birds.
4. _____ is a substances present in food, needed for life, good health and growth.
5. _____ is considered to be a complete food.
6. _____ can provide a lot of energy to us and keep our body warm
7. Dalia, sooji and Maida are obtained from _____ of wheat.
8. Semi-solid food is given, when a child is nearly _____ months of age.
9. Carrot is a _____, it can be eaten raw.