



The Food We Eat

A. Fill in the blanks:

1. We must eat food to avoid falling sick.
(healthy, unhealthy)
2. food is unhealthy and can make you fall sick.
(home cooked, junk)

B. Tick (✓) the food that are healthy, Cross (X) the unhealthy ones and also write the names by using the Help Box:

1



_____ ☐

2



_____ ☐

3



_____ ☐

4



_____ ☐

5



_____ ☐

6



_____ ☐

7



_____ ☐

8



_____ ☐

HELP BOX



Pizza, Noodles, Burger, Milk, Chips, Fruits, Vegetables, Popcorn.

KNOW MORE



Vegetables make us healthy and strong.

16 G.K.-I

ACTIVITY



Which is the favourite food of a rabbit?

Tomato

☐

Radish

☐

Carrot

☐