

Name: _____



What are the needs of humans for survival?

- Foods rich in _____ such as rice, noodles, pasta, potatoes and bread _____.
- We need energy to walk, run, play and to do work.



Rice



Noodles



Pasta



Potatoes



Bread

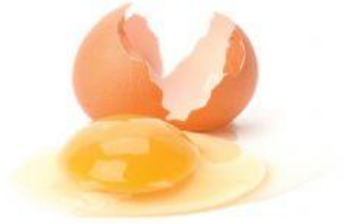
- Fish, meat, eggs, milk and chickens contain _____
that _____.



Fish



Meat



Egg



Milk



Chicken



**Growing children are advised to take
more milk, cheese, fish and meat.
Do you know why?**

- Fresh fruits and vegetables contain _____ and _____ such as vitamin C and potassium.
- This group of food _____.



Mangoes



Broccoli



Carrots



Watermelons



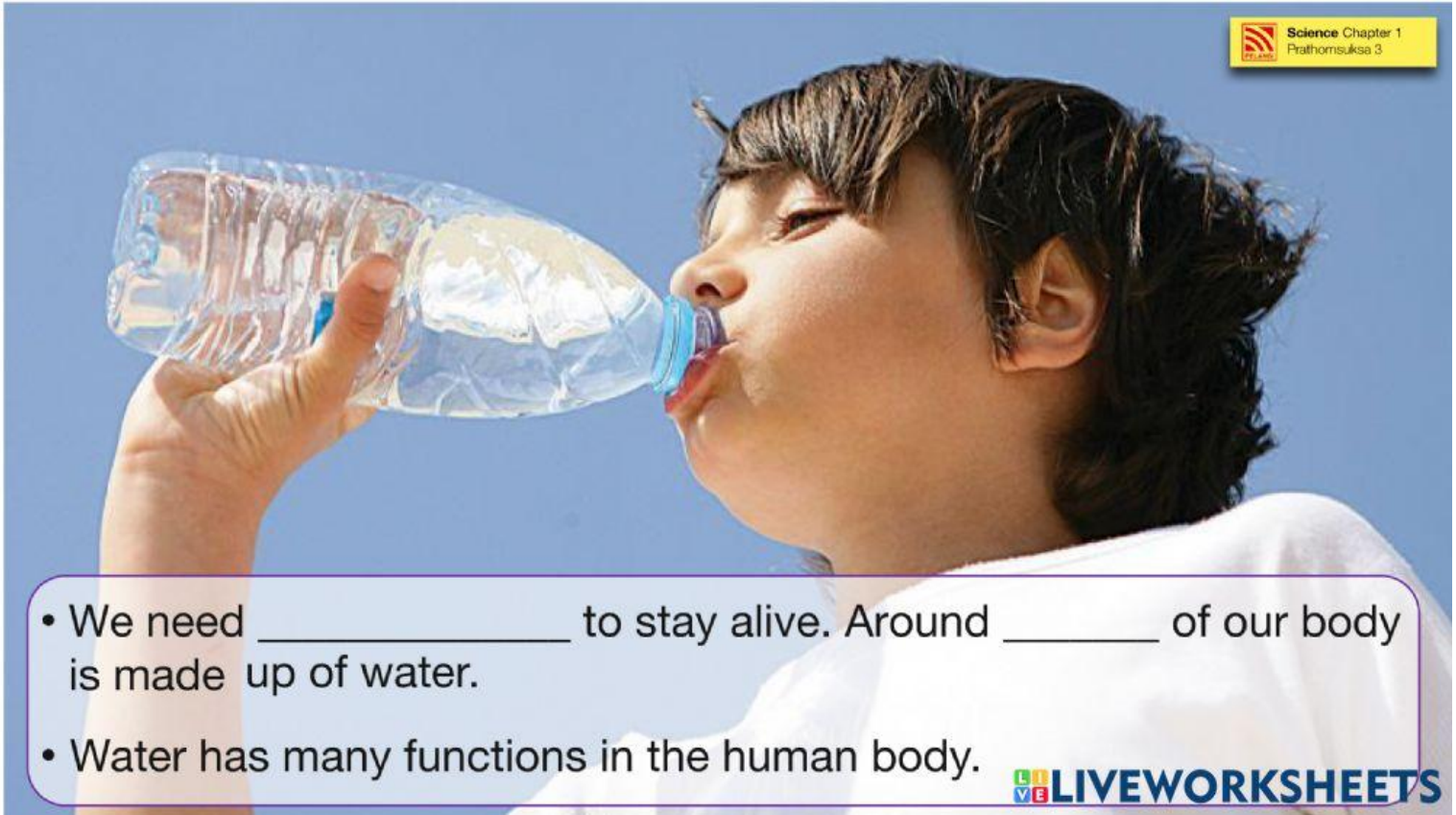
Cabbage



Tomatoes



What are other needs of humans for survival?



- We need _____ to stay alive. Around _____ of our body is made up of water.
- Water has many functions in the human body.

Importance of water in the human body



Importance of water in the human body

