

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

