

1. FILL IN THE BLANKS BY DRAGGING THE CORRECT ANSWER.

KADHA PRASAD	GURUDWARA	SIKHS
LANGAR	MID-DAY MEAL	ARDAAS

- a) A is the holy place of worship of the
- b) In a Gurudwara, people sit together and have meal which is called a
.....
- c) The special “halwa” made in a big *kadhai* by roasting flour in ghee and adding
sugar is called
- d) An is a special prayer offered at Gurudwara.
- e) Government has ensured that all elementary children get hot and fresh meals
during school hours. This is ensured by programme.

Drag the correct name of food function on the examples shown on food pyramid.

ENERGY GIVING FOOD (CARBOHYDRATES)	BODY BUILDING FOOD (PROTEINS)
PROTECTIVE & ESSENTIAL FOOD (VITAMINS & MINERALS)	HIGH ENERGY FOOD (FATS)

