

Food And Health



1. Choose the correct answer.

A. Which of the following food is rich in carbohydrates.

- a. butter b. egg c. rice d. curd

B. Food rich in vitamin and minerals is called.

- a. protective food b. digestive food c. protein d. obesity

C. Exercise and good food help in building a strong and healthy.

- a. teeth b. body c. sleep d. posture



2. Write **(P)** for the foods which we get from plants and **(A)** for the food items which we get from animals.













3. Fill in the blanks

- a. Beside nutrients, our body also needs _____. (water/ fish)
b. Raw vegetables like carrot and radish provide a lot of _____. (protein/fibre) to our body.
c. Too much of fats causes _____ (obesity/ energy)

4. Define

- a. Balance diet b. protective food

5. Answer the following question.

- a. Why is water needed by our body?
b. Why it is important to adopt a healthy lifestyle. What are the ways in which one can adopt a healthy life style.

