

# 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.

