



The Food We Eat

A. Fill in the blanks:

1. We must eat food to avoid falling sick.
(healthy, unhealthy)
2. food is unhealthy and can make you fall sick.
(home cooked, junk)

B. Tick (✓) the food that are healthy, Cross (✗) the unhealthy ones and also write the names by using the Help Box:



Pizza, Noodles, Burger, Milk, Chips,
Fruits. Vegetables. Popcorn.



Vegetables make us healthy and strong.

ACTIVITY



Which is the favourite food of a rabbit?

Tomato



Radish



Carrot