



# 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 (X) the unhealthy ones and also write the names by using the Help Box:

1



\_\_\_\_\_ ☐

2



\_\_\_\_\_ ☐

3



\_\_\_\_\_ ☐

4



\_\_\_\_\_ ☐

5



\_\_\_\_\_ ☐

6



\_\_\_\_\_ ☐

7



\_\_\_\_\_ ☐

8



\_\_\_\_\_ ☐

### HELP BOX



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

### KNOW MORE



Vegetables make us healthy and strong.

16 G.K.-I

### ACTIVITY



Which is the favourite food of a rabbit?

Tomato

☐

Radish

☐

Carrot

☐