

## MOUNT CARMEL SCHOOL

### Q1 Choose the correct options:

- 1 Body building foods -----
- 2 Protective foods -----

### Q2 Fill in the blanks: DRAG AND DROP

live          6 to 8          Protective          non- vegetarians          digest

- 1 People who eat meat and eggs are called -----
- 2 We must drink ----- glasses of water every day.
- 3 Water helps us to ----- the food.
- 4 ----- foods prevent us from falling ill.

### Q3 Choose true or false-

- 1 Eating too much food is called overeating.
- 2 We get food from plants and animals.
- 3 We should talk while eating.
- 4 Junk foods are good for our health.

### Q4 Tick the correct answer:

- 1 Vegetarians do not eat-  
a) Fish          b) Apple
- 2 Energy- giving food:  
a) Wheat          b) Egg
- 5 Eating right food in right quantity:  
a) Balanced Diet          b) Protective Food

### Q5 Observe the pictures and write E for energy-giving food and B for body- building food

