Healthy Eating Plate

Read the following passage carefully and answer the questions that follow-

Food can maintain or save a life. It can destroy life as well. Proper food serves the purpose of medicine. Improper food works as poison and causes diseases. We may take pride in calling ourselves civilized, but we float all the norms about the quality or quantity of food. We mostly eat processed foods. We have shifted away from Mother Nature. Thus the incidence of diabetes has increased very much. According to a survey, diabetes was rare a few years ago. With the rise of processed and junk foods: the incidence of diabetes has shot up within a very short time. By offering ice-creams, chocolates and cakes too often to our children every other day, we, in

fact, invite obesity and diabetes.

Q1) Write the correct option in the space provided.

1. Food that does not serve the purpose of medicine is called _____ food.
   a. proper
   b. Improper
   c. balanced
   d. All of the above

2. What causes obesity and diabetes? _____
   a. processed food
   b. junk food
   c. roasted food
   d. Processed & junk food

3. Food can _____ life.
   a. save
   b. destroy
   c. shadow
   d. save or destroy

Q2) Riddles-

1. I give energy, protect from diseases and help you to grow. I am a complete food. Who am I? _____
   a. wheat
   b. cashew nut
   c. apple
   d. milk

2. I am eaten raw. I provide a lot of energy and keep you warm.

   Who am I ?_____

       a. banana   c. Almond

       b. carrot   d. Spinach

3. I am a six letter word. I am a fruit which can be eaten raw or can be cooked and eaten as a vegetable. Who am I? _____

       a. carrot   c. tomato

       b. radish   d. brinjal

Q3) Fill ups-

1. _____ is the powder made by crushing grains.

       a. wheat   c. rice

       b. almond   d. flour

2. Kamal kakri is the _____ of the plant.

       a. root   c. fruit

       b. stem   d. flower

3. Rawa and maida are obtained from _____ of wheat.

      a. roots   c. seeds

      b. fruits   d. stem

4. _____is an example of poultry birds.

      a. hen   c. goose

      b. duck   d. All of the above

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