

Date \_\_\_\_\_  
Page \_\_\_\_\_

## (4) Food and Water

### SECTION - A

#### A. Oral Questions

1. How many meals do you have in a day?

Ans. I eat three meals in a day.

2. Where do we get water from?

Ans. We get water from rain river ponds and wells.

#### B Quiz

1. Name two foods that give us energy.

Ans. Rice and Sugar.

2. Which type of food should we avoid for dinner?

Ans. oily food.



Tick the correct answers.

1. We should not waste food.

Ans. (c) waste.

2. Milk gives us energy.

Ans. (a) energy.

### SECTION - B

Match the following.

A. 1. Rice butter and sugar — give energy

2. Food we have at night is — dinner.

3. All living things — need water.

4. Wash your hands — before and after every meal.

5. food makes us — strong and healthy.



Date \_\_\_\_\_  
Page \_\_\_\_\_

B. Fill in the blanks with the help of the given words.

1. food gives us energy to play and work.

2. We cannot live without water.

3. Eat slowly and chew.

C. Complete the following sentences.

We eat food because

1. it gives us energy.

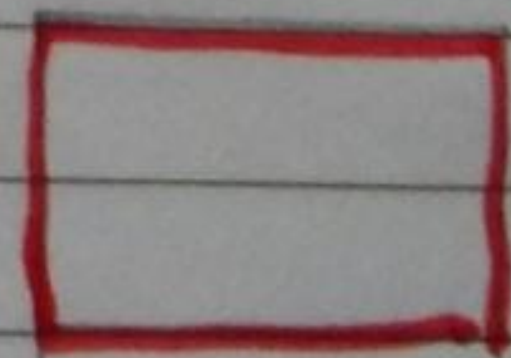
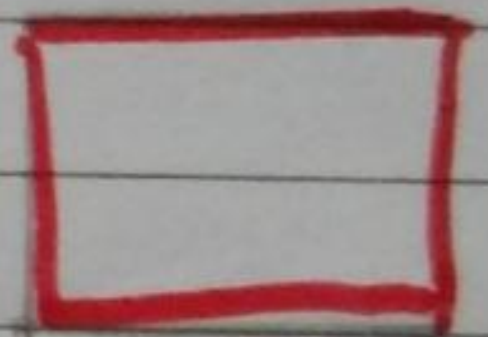
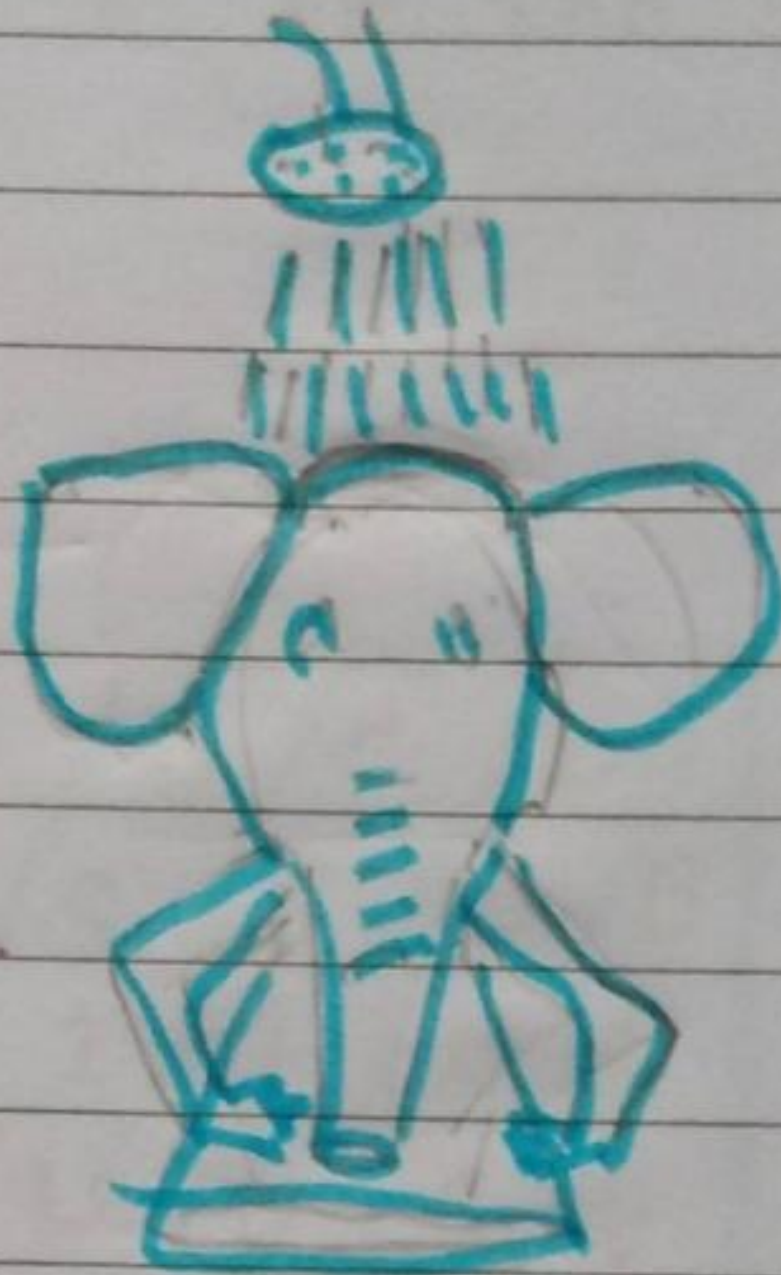
2. it makes us strong and healthy.

3. it helps us to grow.



## Value corner

Look at the pictures and cross(x)  
the picture/pictures that show wastage  
of water.





# FUN TIME

Six food items are hidden in the magic box given below. find them and write them in the space provided

D	A	L	A	B	C	D
C	H	E	E	S	E	D
E	F	G	H	I	J	K
N	O	O	D	L	E	S
L	M	N	O	P	Q	R
R	I	C	E	S	T	U
M	I	L	K	V	W	X

1. DAL
2. CHEESE
3. BREAD
4. NOODLES
5. RICE
6. MILK

Thank you.