

Evs

Lesson 5

Good food Habits

1. Tick (✓) the Correct statements and cross (×) the wrong ones.

1. The meal we take in the afternoon is called dinner. (×)

2. We must eat a balanced diet. (✓)

3. Food makes us weak. (×)

4. We must eat at a clean place only. (✓)

A. Tick (✓) the Correct answers.

1. The food that make us fat is

(a) junk food [✓] (b) milk [] (c) fruits []

2. Where should we store food ?

(a) box [] (b) almirah [] (c) refrigerator [✓]

3. We have Lunch in the

(a) night [] (b) afternoon [✓] (c) morning []

4. We should not eat food.

(a) stale [✓] (b) fresh [] (c) Clean []

B. Fill in the blanks correctly with the words given below.

Talk , wash, Clean, water

1. We must drink plenty of **water** to stay healthy.

2. We should **wash** fruits and vegetables with clean water.

3. We should not **talk** while eating.

4. We should always use **Clean** plates.

C. Match correctly.

1. Balanced diet – healthy

2. Meals - fixed time

3. Germs - sick

4. drink - clean water

D. Answer the following questions.

1. what is a balanced diet?

Ans. The food which helps us to grow gives us energy and protects us from Diseases is called balanced diet.

2. why should we eat a balanced diet?

Ans. We should eat a balanced diet to keep ourselves healthy.

3. why should we not buy food from the roadside vendors?

Ans. We should not buy food from the roadside vendors because they keep uncovered food which has germs, dirt and dust.

4. write two good eating habits.

Ans. The two good eating habits are

1. Eat meals at fixed times.
2. We should not sit in between meals.

A. Oral Questions

1. Why Should we wash our hands before eating?

Ans. We should wash our hands before eating because germs dust and dirt can make us sick.

2. why should we not waste food ?

Ans. We should not waste food because each good grain is precious.

B. Quiz

1. What is the meal we eat in the morning called?

Ans. The meal we eat in the morning is called breakfast.

2. what is the meal we eat at night called?

Ans. The meal we eat at night is called dinner.