

Lesson-4

Food

Sub- EVS

Exercise

Section- A

A. Oral Questions

1 What do you have for breakfast?

Ans. We eat bread and butter for breakfast.

2 Are you a vegetarian or a non-vegetarian ?

Ans. I am a vegetarian.

B. Quiz

1 Name one vegetable that can be eaten raw .

Ans. Carrot .

2 How many glasses of water should we drink every day ?

Ans. We should drink at least six to eight glasses of water everyday.

C. Tick (✓) the correct answers.

1 Plants give us cereals like

(a) Rice [✓] (b) apple [] (c) Tomato []

2 The food that we do not eat raw is

(a) Carrot [] (b) rice [✓] (c) cereals []

Section-B

A. Tick [✓] the correct answers.

1. People who eat fish , eggs and meat are called

(a) Vegetarian [] (b) adults [] (c) non-vegetarian [✓]

2. Which of the following foods do we get for animals ?

(a) Rice [] (b) milk [✓] (c) cereals []

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

[Regular intervals, food , three]

1. There are three main kinds of food.

2. We cannot live without food.

3. We should eat food at regular intervals.

C. Answer the following questions.

1. What are energy-giving foods ?

Ans. Rice, potatoes , butter are energy giving foods .

2. What are body-building foods ?

Ans. Grains , pulses and milk are body building foods .

3. What are protective foods ?

Ans. Fruits and vegetables are protective foods.

4. Who are vegetarian ?

Ans. People who do not eat fish, eggs and meat are called vegetarian.