

Ch 4 Food

1. We get fruits and vegetables from plants.
2. We need food to live and grow.
3. We make butter from milk.
4. We eat three meals in a day.
5. We get food from plants and animals.
6. Milk makes our bones and teeth.

strong.

CW

11.06.20

Name the following

1. Name 3 foods we get from animals.

ans We get meat, eggs ^{and} fish from animals.

2. Name 3 fruits we get from plants.

ans We get mango, orange and grapes from plants.

3. Name 3 meals we eat in a day.

ans ~~We eat~~ ~~the~~ The 3 meals we

eat in a day are - breakfast, lunch and dinner.

Q4. Name 3 cereals.

ans Wheat, rice and maize are some cereals.

Q5 Name 3 pulses.

ans. Peas, kidneybeans and grams are few pulses.

Q6. Name 3 items made from milk.

ans. The 3 items made from milk are butter, cheese and curd.

QW

12.06.20

State 'T' for true and 'F' for false statements.

1. The morning meal is called breakfast - T
2. We get fruits and vegetables from animals - F
3. Wheat and rice are the examples of pulses - F
4. We make butter and cheese from milk - T
5. Oily food is good for health - F

Q. Complete the sentences :-

1. We need food to

(a) live and grow

(b) become strong and healthy.

(c) get energy to work and play.

2. We eat

(a) breakfast in the morning.

(b) lunch in the afternoon.

(c) dinner at night.

15.06.20

C.W Questions and Answer

Q1. What are cereals?

Ans. Plants which produce grains that can be eaten are called cereals.
ex - rice, wheat.

Q2. What are pulses?

Ans. Seeds of certain plants that can be eaten are called pulses.
ex - gram, peas.

Q3. Why do we need food?

Ans. We need food to live and grow.

Q4. Where do we get our food from?

ans We get our food from plants and animals.

Q5. How does milk help our body?

ans Milk makes our bones and teeth strong.
