

## Ch-8 Food For Good Health

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### 1. Fill in the blanks:-

1. Food give us energy to work, play and grow.
2. Food help us to stay healthy and fight against diseases.
3. Body-building food help us to grow and build our bones and muscles.
4. Protective food prevent us from falling sick and help us to stay healthy.
5. Water helps us to digest the food and also help us to throw out the undigested wastes from our body.
6. Milk is a complete food for a new born baby.
7. A labourer needs more food than a person working in an office.
8. We should drink six to eight glasses of water daily.
9. Growing children need lots of body-building food.
10. We must eat right amount of food at fixed time everyday.

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### II Name them :-

1. Two energy-giving food = rice , potato
2. Two body-building food = eggs , meat
3. Two protective food = fruits , vegetables.
4. Two purpose food is essential for
  - a. Food is our basic need.
  - b. Food is essential for our growth.
5. Two vegetables we eat raw = carrot , tomato.
6. Growing children needs lot of these food  
milk , pulses , eggs.
7. Healthy food help us in
  - a) prevent us from falling sick
  - b) boost our immunity and help us to stay healthy.
8. Water helps us to
  - a) digest the food we eat.
  - b) throw the undigested waste from our body.

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Q1) Why do we need food?

Ans) We need food because food is our basic need, food is essential for our growth, food gives us energy to work and play also, it helps us to stay healthy and fight against diseases.

Q2) Why are energy-giving food?

Ans) Food that give us energy to work, play and think are called energy-giving food i.e. rice, potato, butter. etc.

Q3) What are body-building food?

Ans) Food that help us to grow and build our bones and muscles strong are called body-building food. i.e.  
- meat, eggs, pulses. etc

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Q4) What are protective food?

Ans) Food that prevent us from falling sick and help us to stay healthy are called protective food . i.e. fruits and vegetables.

Q5) Why should we drink enough water everyday?

Ans) We must drink a lot of water to digest our food. It also helps us to throw out the undigested wastes from our body.

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Q6) Why do we need to cook food before eating?

Ans) We should cook food before eating because cooking makes the food softer and easy to digest also, it improves the taste.

Q7) What kind of diet should we take?

Ans) We must eat a healthy diet that has all the nutrients in right amount, i.e. cereals, pulses, milk, green vegetables, fruits .etc.

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Q8) Name the three meals we eat in a day.

Ans) The three meals are:

- a) Breakfast in the morning
- b) Lunch in the afternoon
- c) Dinner at night.

Q 9) Why we should eat food at a fixed time?

Ans) We must eat food at a fixed time because the gap between the meals helps us to digest the food and keep us fit and healthy.

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### I. State True or False:-

1. Body-building food prevent us from falling sick - False
2. Milk is a complete food for a new born baby - True
3. We must drink three glasses of water daily - False
4. Tomatoes and cucumbers are eaten raw - True
5. Sugar is an energy-giving food - True
6. We must eat lot of junk food - False

### II. Circle the odd ones:-

1. fruits, rice, vegetables
2. milk, water, coffee

3. health, grow, junk
4. fox, lunch, dinner
5. pizza, burger, salads



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## Revision

1) Name 2 food prevent us from diseases  
\_\_\_\_\_

2) 2 food build our bones and muscles  
\_\_\_\_\_

3) Food help us to stay \_\_\_\_\_ and  
\_\_\_\_\_ against diseases.

4) We feel \_\_\_\_\_, when we do not have  
energy.

5) A \_\_\_\_\_ needs more food than  
an office person.

6) \_\_\_\_\_ helps to digest the food we eat.

7) 2 food we eat raw \_\_\_\_\_, \_\_\_\_\_

8) Name 2 junk food \_\_\_\_\_, \_\_\_\_\_

## II. Matching.

1. fruits

2. milk

3. sugar

4. meal

5. water

- energy
- lunch
- 6-8 glasses
- protect us
- complete food

## III. Draw the complete meals.

a) Breakfast

b) lunch

c) Dinner