

# Unit 4: Meal Time

1. Circle the food item / items that you like to eat.



2. ✓ the correct options.

[A] Why do we eat food?



(a) Food helps us grow



(b) Food keeps our brain active





(c) Food keeps us healthy




(d) All of these

[B] Help Peehu to select her breakfast by putting a ✓ in the given boxes.

a. 

b. 

c. 

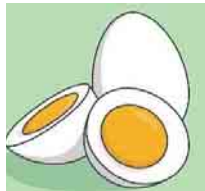
3. Connect the food items to their correct sources: PLANTS or ANIMALS.

Plants

Animals



Oil



Eggs



Dried Fruits



Milk








Honey

4. Write True or False.

- We get milk from cows and buffaloes. \_\_\_\_\_
- We get honey from the hens. \_\_\_\_\_
- Curd and cheese are dairy products. \_\_\_\_\_
- Fish and honey are dairy products. \_\_\_\_\_
- People who eat meat or fish are called non-vegetarians. \_\_\_\_\_

**5. Match the columns.**

Food item	Thing / Things used to make the food item
Ice Cream	
Dal Tadka	
Roti	
Palak Paneer	
Batata Vada	

**6. Name the following.**

a. Two food items we get from animals

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b. Two food items we get from plants

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c. Two food items made from milk

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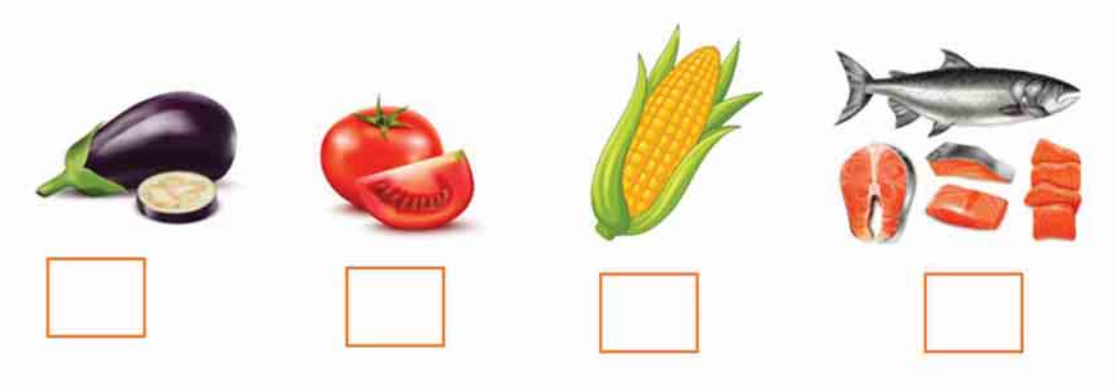
d. Two food items made from rice

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e. Two food items made from wheat

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7. Write R for the things you can eat raw and C for the things you need to cook.



8. Abhi is visiting a restaurant with his friends. Help him select healthy food by putting a ✓.



9. Why should we not eat fries, chips, burgers, and chocolates frequently?

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**10. Draw and colour your favourite food item.**

