

Foods we eat**I. Fill in the blanks:**

1. We should chew the food properly.
2. A new born baby drinks milk only.
3. We should eat healthy food.
4. We should drink 8-12 glasses of water everyday.

II. Match the following:

1. Wheat – chappati, roti
2. Rice – idli, dosa
3. Potato – chips
4. Milk – kheer

III. Name the following:

1. Two things that you eat raw – cucumber, apple
2. Two things that you eat cooked – potato, rice
3. Two things that we get from plants – Wheat, fruits, vegetables
4. Two food we get from animals – milk, egg, meat

IV. Answer the following questions:

Ques 1: Name few eatables made from rice.

Ans: Idli, Dosa, Puttu and Idiappam.

Ques 2: Why do we need food?

Ans: i. We all need food to live.

ii. Food gives us energy.

iii. Food helps us to grow.

iv. Food keeps us healthy and fit.

Ques 3: Name few foods that we eat as breakfast in Tamilnadu?

Ans: Idli, dosa, vada and Pongal.

Ques 4: Name one famous dish for given states.

Ans: West Bengal – rasgulla

Punjab – aaloo parantha

Kerala – Puttu

Tamilnadu – Idli, dosa

Rajasthan – daal baatichurma.

Gujarat – Dhokla

Ques 5. Name some food items that we get from plants.

Ans: 1. Cereals – rice, wheat, maize etc.

2. Fruits – apple, mango, papaya etc.

3. Vegetable – potato, brinjal, gourd etc.

4. Spices – turmeric, black pepper, cinnamon etc.

5. Oil – sunflower oil, mustard oil and coconut oil.

Ques 6. Name the food items that we get from animals.

Ans: 1. Milk – buffalo, cow and goat.

2. Egg – hen and duck.

3. Meat – goat and hen.

Ques 7. What are carbohydrates?

Ans: Component of food that gives instant energy to the body is called as carbohydrates. Example – wheat and rice.

Ques 8: What are fats ?

Ans: Component of food that gives us both energy and strength are called fats. Example – butter and curd.

Ques 9. What are proteins?

Ans: Component of food that helps us to grow are called proteins. For example – pulses, milk and fish.

Ques 10. What are vitamins and minerals?

Ans: Component of food that protects us from diseases are known as vitamins and minerals.

Ques 11. What is a balanced diet?

Ans: A diet that contains adequate amount of all the nutrients essential for our body is known as balanced diet.