

Green vegetables and fresh, clean fruits, carrots, tomatoes and apple juice.

The need of food

All of us need food to stay alive

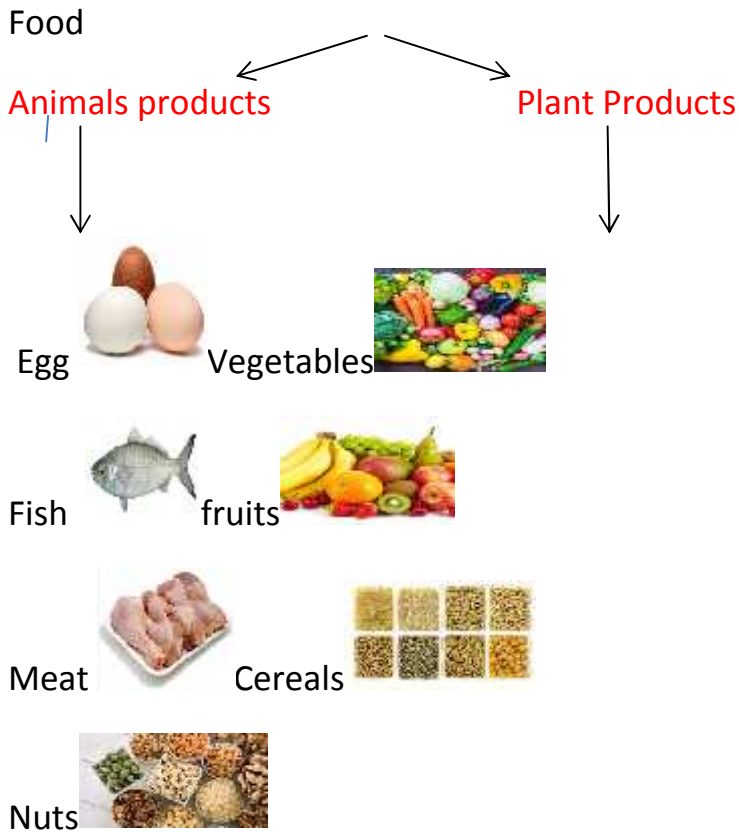
Food gives us energy to work and play.

It helps to grow.

Food keeps us to healthy and strong .













Food is our basic need.

We cannot live without food.



Fruits



 <p>Apple</p>	 <p>Banana</p>	 <p>Pear</p>
 <p>Grape</p>	 <p>Cherry</p>	 <p>Orange</p>
 <p>Lemon</p>	 <p>Peach</p>	 <p>Strawberry</p>
 <p>Pineapple</p>	 <p>Melon</p>	 <p>Watermelon</p>

Vegetable





Cabbage
कैबेज (बंद गोभी)



Capsicum
कैप्सकम (शिमला मिर्च)



Potato
पोटैटो (आलू)



Carrot
कैरेट (गाजर)



Eggplant
एगप्लांट (बैंगन)



Spinach
स्पिनिच (पालक)



Radish
रैडिश (मूली)



Pea
पी (मटर)



Cauliflower
कॉलीफ्लॉवर (गोभी)

Q1. What help us to grow?

Ans:- food helps to grow.

Q2. Name few food items we get from animals.

Ans:- Milk Egg Fish Meat



Q3. Name two animals which give us milk.

Ans:- Cow and buffalo.



Q4. Name two birds which give us egg.

Ans:- Hen and duck.



Give one word answer of the following.

1. The meal taken in the morning – **Breakfast**
2. The meal taken in the afternoon – **Lunch**
3. The meal taken at night – **Dinner**
4. Our basic need – **Food**
5. We get food items from – **Plants and animals**