## Chapter- 5

## The Food We Eat

## **WORKSHEET**

(Dinner, lunch, three, healthy, food, breakfast)  (a) I need	Q1.	Complete these sentences:
(b) We eat meals in a day. (c) In the afternoon we eat (d) At night we eat (e) We should eat all kinds of food to stay  Q2. Unscramble these words:  i. FODO ii. UNLCH iii. ASMEL iv. WTERA v. RCEI vi. LAYP  Q3. Name the following: i. Three meals in a day: Ans ii. Three fruits you like to eat:  Ans iii. Three vegetables you like to eat:  Ans iv. Name some foods help us to grow big and strong:		(Dinner, lunch, three, healthy, food, breakfast)
(c) In the afternoon we eat  (d) At night we eat  (e) We should eat all kinds of food to stay  Q2. Unscramble these words:  i. FODO  ii. UNLCH  iii. ASMEL  iv. WTERA  v. RCEI  vi. LAYP  Q3. Name the following:  i. Three meals in a day:  ii. Three fruits you like to eat:  Ans  iii. Three vegetables you like to eat:  Ans  iv. Name some foods help us to grow big and strong:		
(d) At night we eat  (e) We should eat all kinds of food to stay  Q2. Unscramble these words:  i. FODO  ii. UNLCH  iii. ASMEL  iv. WTERA  v. RCEI  vi. LAYP  Q3. Name the following:  i. Three meals in a day:  ii. Three fruits you like to eat:  Ans  iii. Three vegetables you like to eat:  Ans  iv. Name some foods help us to grow big and strong:		•
(e) We should eat all kinds of food to stay  Q2. Unscramble these words:  i. FODO ii. UNLCH iii. ASMEL iv. WTERA v. RCEI vi. LAYP  Q3. Name the following:  i. Three meals in a day: Changing your Tomorrow  Ans  ii. Three fruits you like to eat:  Ans  iii. Three vegetables you like to eat:  Ans  iv. Name some foods help us to grow big and strong:		
i. FODO ii. UNLCH iii. ASMEL iv. WTERA v. RCEI vi. LAYP  Q3. Name the following:  i. Three meals in a day: Changing your Tomorrow  Ans		· · · · · · · · · · · · · · · · · · ·
iii. ASMEL iv. WTERA v. RCEI vi. LAYP  Q3. Name the following:  i. Three meals in a day:  Ans.  ii. Three fruits you like to eat:  Ans.  iii. Three vegetables you like to eat:  Ans.  iv. Name some foods help us to grow big and strong:	Q2.	
iv. WTERA  v. RCEI  vi. LAYP  Q3. Name the following:  i. Three meals in a day:  Ans.  ii. Three fruits you like to eat:  Ans.  iii. Three vegetables you like to eat:  Ans.  iv. Name some foods help us to grow big and strong:		ii. UNLCH
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Ans  iv. Name some foods help us to grow big and strong:		Ans
iv. Name some foods help us to grow big and strong:		iii. Three vegetables you like to eat:
		Ans
		iv. Name some foods help us to grow big and strong:
Ans.		
		Ans

## Q4. Put a $(\checkmark)$ for True and (x) for False sentences:

1.	We need food to grow.	(	)
2.	We eat dinner in the morning.	(	)
3.	We eat breakfast in the afternoon.	(	)
4.	We must drink plenty of water.	(	)
5.	We eat three meals in a day.	(	)

