

## Chapter- 5

# The Food We Eat

**WORKSHEET****Q1. Complete these sentences:**

(Dinner, lunch, three, healthy, food, breakfast)

- (a) I need \_\_\_\_\_ to live.
- (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:

Ans. \_\_\_\_\_

**Q4. Put a (✓) 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. ( )

