

Chapter- 3

My Body Needs Food

WORKSHEET

1. Fill in the blanks

(balanced, food, cover, fresh, wash)

- (a) _____ helps us to stay healthy and fit.
- (b) Eat only _____ fruits and vegetables.
- (c) _____ all the food with a lid or a net.
- (d) We must eat a _____ diet.
- (e) _____ all the fruits and vegetables before eating.

2. Match the Followings

A

Egg & Milk
Fruits & Vegetables
A healthy fix of food items
Apples & oranges

B

Plants
balanced Diet
fruits
animals

3. Mark True/False

- (a) Body-building food protects us from diseases. ()
- (b) Protective food gives us energy to work and play. ()
- (c) Food gives us energy to do work. ()
- (d) Exercise makes our body strong. ()
- (e) The person who eats only milk products, grains and fruits is called as a Non-vegetarian.()

4. Name two examples from each

(a) Things made from milk

(b) Meals in a day

(c) Food from plants

(d) Food from animals

(e) Energy giving food



5. Identify the food items from the box and write it down in proper column.

Rice, bananas, milk, brinjal, grapes, meat, wheat, eggs, butter, potatoes, cheese, ghee

Food from Plants	Food from Animals
_____ _____ _____ _____ _____	_____ _____ _____ _____ _____