Nan	ime: Da	ate:
<u>Foo</u>	od We Eat	
Q1.	Name two plants from which we get oil.	
Q2.	What are cereals? Give two examples.	months of the second
Q3.	Why is food essential for body?	*VIII
Q4.	Name any 4 vegetables you like the mo	st.
Q5.	Why nuts are considered as healthy sna	acks? Give two examples.
Q6.	Why should we avoid junk food?	