

Name: _____ Date: _____

Food We Eat

Answer the following :

- Food is made up of _____.
- All food we eat comes either from plants or _____.
- Food provides us energy and protect against from _____.
- Muskmelon is a juicy vegetable. True / False
- Nuts are not good for health. True / False
- Fruits and their juices are naturally sweet. True / False
- _____ are grains used for food.(cereals/pulses)
- Name two nuts that we eat.
- Healthy food includes pizza, samosa, chips etc. True / False
- _____ are edible substance that combined to prepare a dish.
- What are the ingredients of idli?

- _____ food are unhealthy and difficult to digest.
- Maize and rice are pulses. True / False
- Broccoli is a vegetable. True / False