

FOOD FOR HEALTH



Name: _____ Date: ___/___/___ Score _____

WORKSHEET-1

1. Which of the following food item if consumed more can make us sick?



2. Its 9:15 p.m. We prefer to have _____ at this time.



9:15 p.m.

A. Supper B. Evening snacks C. Breakfast

3. Which of the following is a healthy habit?

- A. Eating in clean plates
- B. Drinking less water
- C. Eating junk food

4. **True or false:**

- a. Rice is an energy-giving food.
- b. We get food only from plants.
- c. We should wash our mouth after eating.
- d. Eating stale food helps us to stay healthy.
- e. We should eat same kind of food everyday.
- f. We should eat in clean plates.
- g. Vegetables are energy-giving foods.

5. **Match the column:**

S.N.	Column A		Column B
1.	8:00 a.m.	a.	Evening snacks
2.	12:30 p.m.	b.	Supper
3.	4:30 p.m.	c.	Lunch
4.	9:00 p.m.	d.	Breakfast

Fill in the blanks:

6. Food which gives us energy to work and play is called _____ giving food.
7. Food that helps us to grow and make our bones and muscles strong is called ____ building food.



Answer Key:

1. C
2. A
3. A
4. **a.** True
b. False
c. True
d. False
e. False
f. True
g. False
5. 1-d
6. 2-c
7. 3-a
8. 4-b
9. energy
10. body

