

**A. Tick (✓) the correct answer.**

1. Which of these things do we get from plants?

(a) Honey ☐ (b) Wheat



2. Which of these things do we get from animals?

(a) Fruits ☐ (b) Milk



3. Sugar is a/an

(a) energy-giving food. ☒ (b) body-building food.



4. Which of these is junk food?

(a) Pizza



(b) Apple



5. The meal we eat in the morning is called

(a) dinner.



(b) breakfast.



**B. Name the following.**

1. I am the king of fruits.

MANGO

2. I am white in colour. You drink me every day.

MILK

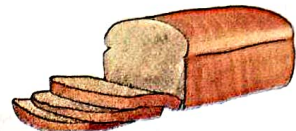
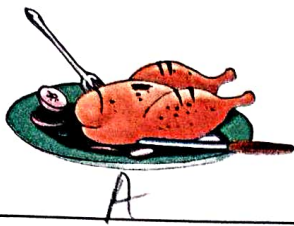
3. I am red in colour. You eat me in salad.

TOMATO

4. I am sweet in taste. Honeybees make me.

HONEY

D. Write A below the food items we get from animals.



## E. Think and Answer

• Critical thinking

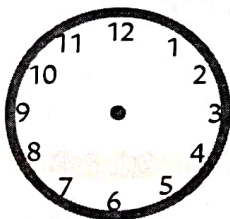
Why is milk called a complete food?



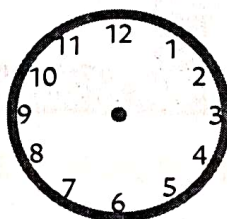
## Activity

• Critical thinking

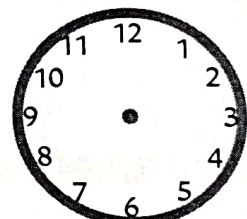
Draw the hands on the clocks to show the time you have



Breakfast



Lunch



Dinner



## LIFE SKILLS

• Critical thinking

Tick (✓) what you should do while eating food.

1. Make a noise while eating.
2. Lick your fingers.
3. Be silent while eating.
4. Chew with your mouth closed.

X
X
✓
✓

