

Test Yourself



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.



A



A



A



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
✓
✓

