**LESSON 3 : MY NEEDS : FOOD**

1. **KEYWORDS**
2. Food
3. Energy
4. Nutrients
5. Vitamins
6. Bones
7. Muscles
8. Sugar
9. Strong
10. Milk

10.Fruits

11.Sick

12.Seeds

13.Pulses

14. Protection

15. Weight

1. Fill in the blanks
2. Food gives us energy to work.
3. Food contains nutrients
4. We should not waste food
5. Nuts are very nutritious and give a lot of energy.
6. Junk food is not good for our health.
7. Give any two examples for the following:
8. Energy –giving food

 Nuts , Pulses

b) protection- giving food

 Fruits , vegetables

c) Body -building food

 Eggs, milk

d) Milk- products

 Ghee, butter

1. Draw the following
2. Any two underground vegetables
3. Any two green leafy vegetables
4. Any junk food