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**I. Answer any TWO the following questions.**

**2 x 2 = 4**

1. Why is food important for us?

Ans: \_\_\_\_\_

2. Name three foods that give us energy?

Ans: \_\_\_\_\_

3. Why should we eat fresh fruits and vegetables?

Ans: \_\_\_\_\_

**II. Fill in the blanks.**

**5 x 1 = 5**

1. Food helps us to \_\_\_\_\_

2. Food gives us \_\_\_\_\_

3. Who cooks the food. \_\_\_\_\_

4. Who helps you with your studies \_\_\_\_\_

5. Who buys fruits and vegetables \_\_\_\_\_

**III. Write True or False to the following sentences.**

**5 x 1 = 5**

1. Fruits and vegetables are bad for us. [      ]

2. We have three meals in a day. [      ]

3. Stale food is good for us. [      ]

4. We should eat with dirty hands. [      ]

5. Too many toffees, chocolates and chips are bad for us. [      ]

**IV. Think about your family and write.**

**3 x 1 = 3**

1. My surname is \_\_\_\_\_

2. My mother name is \_\_\_\_\_

3. My father name is \_\_\_\_\_

**V. Write down the missing letters.**

**3 Marks**

1. H \_\_\_\_ al \_\_\_\_ hy.

4. L \_\_\_\_ nch.

2. E \_\_\_\_ er \_\_\_\_ y.

5. C \_\_\_\_ \_\_\_\_ k.

3. G \_\_\_\_ ow.

6. F \_\_\_\_ m \_\_\_\_ ly.

**VI. Draw any fruit and vegetable that you like.**

**5 Marks**