



# **Revision Of**

---

**Ch – 1 Our Food**

**Ch – 2 Staying Healthy**

**Question:** We have breakfast in the

- a) morning
- b) evening
- c) noon
- d) night

**Answer:** morning

**Question:** Rice, wheat, sugar, ghee and butter are called

- a) energy giving food
- b) protective food
- c) body building food
- d) None of these

**Answer:** energy giving food

**Question:** We need food to get

- a) energy
- b) water
- c) air

**Answer:** energy

---

**Question:** Protective food help to protect us from

- a) diseases
- b) trees
- c) animals
- d) insects

**Answer: diseases**

**Question:** Vegetarians eat

- a) vegetables
- b) eggs
- c) meat
- d) fish

**Answer: vegetables**

**Question:** Non vegetarians eat

- a) meat
- b) vegetables
- c) pulses
- d) fruits

**Answer: meat**

**Question:** Food we get from animals.

- a) eggs
- b) rice
- c) potato
- d) banana

**Answer: eggs**

**Question:** Food we get from plants

- a) fruits
- b) meat
- c) eggs
- d) milk

**Answer: fruits**

**Question:** People who eat fish, eggs and meat are called

- a) non- vegetarians
- b) vegans
- c) vegetarians
- d) None of these

**Answer: non- vegetarians**

**Question:** Good health makes the family

- a) happy
- b) angry
- c) sad

**Answer: happy**

**Question:** Which food items are harmful for us

- a) junk food
- b) vegetables
- c) fruits
- d) milk

**Answer: junk food**

---

**Question:** How many times we should take bath

- a) everyday
- b) once in a week
- c) after 15 days

**Answer: everyday**

**Question:** What should we do to keep ourselves healthy?

- a) exercise regularly
- b) eat junk food
- c) watch television

**Answer: exercise regularly**

**Question:** We should brush our teeth.

- a) twice a day
- b) three time
- c) once in a day

**Answer:** twice a day

**Question:** Good health makes the family

- a) happy
- b) angry
- c) sad

**Answer:** happy

Write [ T ] for true and [ F ] for false

1. Brushing teeth twice a day.

(   T   )

2. We should not wash hands before eating.

(   F   )

3. Taking bath every day.

(   T   )

4. Waking up early in the morning.

(   T   )

5. Going to bed late at night.

(   F   )

## Write T for true and F for false statement

1. Mango is a protective food. ( T )
2. We should have too much of junk food. ( F )
3. Vegetarians do not eat fruits. ( F )
4. We should have a balanced diet everyday. ( T )

**Task : Revise Chapter 1 and Chapter 2  
thoroughly for class test**