



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**