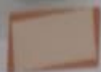


WARM UP

Tick (✓) the food items you should eat/drink and cross (✗) the food items you should avoid eating/drinking.



Our Food

We need **food** to live and grow.

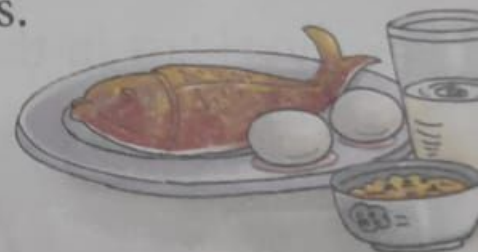
Food gives us energy to work and play.

Food keeps us healthy. It is of different kinds.

1. Some foods help us to grow. ▶



Chapati, rice, sugar, bread and butter give us energy.



Milk, eggs, pulses (dal) and fish help us to grow.

▶ 2. Some foods give us energy to work and play.

COMPLIMENTARY
NOT FOR SALE
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3. Some foods protect us from diseases.



Fruits and green leafy vegetables keep us healthy. These foods protect us from diseases.

Our body also needs water.

How many glasses of water do you drink every day? _____

You need to drink 6 – 8 glasses of water every day.

Junk food

Some foods are tasty but are not good for our health. Foods like burger, chow mein and pizza are **junk food**. You can eat them once in a while.



Meals

We have three meals in a day.

It is 8 o'clock in the morning. Reema is having **breakfast**.

We have breakfast in the morning.



It is 2 o'clock in the afternoon. Reema is sitting with her grandpa and grandma. She is having **lunch**. We have lunch in the afternoon.



Fill in the blanks by writing the numeral that comes:

before

<input type="text"/>	6
<input type="text"/>	7
<input type="text"/>	9
<input type="text"/>	2
<input type="text"/>	3
<input type="text"/>	8
<input type="text"/>	1
<input type="text"/>	4

between

7	<input type="text"/>	9
1	<input type="text"/>	3
4	<input type="text"/>	6
3	<input type="text"/>	5
6	<input type="text"/>	8
5	<input type="text"/>	7
0	<input type="text"/>	2

after

4	<input type="text"/>
7	<input type="text"/>
6	<input type="text"/>
3	<input type="text"/>
8	<input type="text"/>
5	<input type="text"/>
2	<input type="text"/>
0	<input type="text"/>

