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LESSON: 5 What We Eat

Q.A Pre Activity

Write names of the following :

- a. Any 2 fruits
- b. Any 2 vegetables
- c. Any 2 pulses
- d. Any 2 nuts
- e. Any 2 cereals

Q.B New Words

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|---------------|---------------|
| 1. Pulses | 6. Lentils |
| 2. Cereals | 7. Chickpeas |
| 3. Vegetables | 8. Vegetarian |
| 4. Sick | 9. Almonds |
| 5. Wheat | 10. Walnuts |

Q.C Fill in the blanks

1. A person who does not eat meat or fish are called vegetarian
2. food becomes soft after cooking.
3. We eat atleast three meals a day .
4. Healthy food helps us to grow strong and stay fit.

Q. D Answer the following

1. What we should eat to keep us healthy?

Ans. We should eat healthy food to keep us healthy.

2. What are the sources of food?

Ans. Sources of food are plants and animals.

3. Write any 2 animal products?

Ans. Milk and honey.

4. Name 3 meals?

Ans. Breakfast, lunch and dinner.

Q.E Post Activity

Stick pictures of any 2 milk products