Food we eat class 1 questions

I. Answer the following questions:

1. Why do we eat food?
2. What is a meal and when do we eat it?
3. Why do we eat fruits and vegetables?
4. Why do we eat milk products?
5. Why milk is a complete food?
6. Name a variety of foods.
7. Why do we follow good food habits? write any two.
8. Write any three advantages of eating food.
9. Why do we not eat unhealthy foods like chocolate?
10. Which fruit or vegetable do you like the most and why?

II. Unscramble the words:

1. ILKM
2. RUIFT
3. GEEVABELT
4. HAELTYH
5. OOFD

III. Multiple Choice Questions:

1. Which of the following is a complete food?

a. Milk
b. Mango
c. Apple
d. Cheese

2. Which of the following is a vegetable?

a. Mango
b. Apple
c. Cauliflower
d. Milk

3. Which of the following is a fruit?

a. Tomato
b. Potato
c. Cabbage
d. Apple

4. Which of the following is unhealthy food?

a. Chips
b. Milk
c. Cabbage
d. Dal

5. Which of the following is animal food?

a. Apple
b. Meat
c. Water
d. None of the these