

GK-2

Chapter 26: Our Food – Worksheet

Multiple-Choice Questions (MCQs)

1. We get fruits and vegetables from:

- a) Animals b) Plants c) Sea d) Air

2. Eggs, meat and fish give us:

- a) Carbohydrates b) Proteins c) Fats d) Water

3. Milk is a complete food because it contains:

- a) Only fats b) Only vitamins c) All nutrients d) Only proteins

4. Pulses are a rich source of:

- a) Vitamins b) Minerals c) Proteins d) Fat

Fill in the Blanks

1. We need food for _____ and energy.
2. Fruits and vegetables give us _____ and minerals.
3. Milk is a _____ food.
4. Fats give us _____ energy.

True or False

1. Food helps us grow. (True/False)
2. Water is not important for the body. (True/False)

3. Proteins help repair body tissues. (True/False)

4. Junk food is healthy for us. (True/False)

Match the Following

a) Milk

i) Gives energy

b) Fruits

ii) Complete food

c) Rice

iii) Vitamins

d) Fats

iv) Carbohydrates

Short Answer Questions

1. Why do we need food?

2. Name two sources of proteins.

3. Why is milk called a complete food?

4. What do vitamins do for our body?