

Date :

Page No. :

Date

Chapter - 2

14.5.24

Tuesday

The Food We Eat

C.W.

★ Difficult Words

① Strong

9 Plants

② Healthy

10 Animals

③ Energy

11 Sugar

④ Pulses

12 Meat

⑤ Chopsticks

13 Digest

⑥ Bread

14 Chew

⑦ cheese

Saganika

⑧ Butter

14-5-24

Chapter - 2

Date

16/5/24

The Food We Eat

C.W.

Tuesday Fill in the blanks

- ① Food helps us to grow
- ② Food makes us strong and healthy
- ③ Food ~~gives~~ us to play and work
- ④ We get meat, milk, egg from animals
- ⑤ Water helps to digest of food
- ⑥ We must drink eight glasses of water
- ⑦ ~~We~~ eat water everyday
- ⑧

Date :

Page No. :

date

Chapter - 2 The Food We

17.4.24

Friday

Eat

CW

★ Question / Answer

Q-1 Why do we need food?

Ans We need food to grow and to be strong and healthy.

Q-2 Name three food items we get from plants.

Ans We get fruits, vegetables and pulses from plants.

Q-3 Why do we need to drink water?

Ans We need to drink water to

Date :

Page No. :

digest the food we eat.

Q-4 Write down three ~~all~~ good eating habits

Ans The three good eating habits are

1 Eat ~~clean~~ and fresh ~~food~~.

2 Eat with your mouth ~~closed~~.

3 Wash your hands ~~before~~ and ~~after~~ eating.

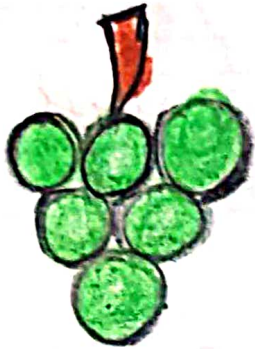
Sagarika

17/5/24

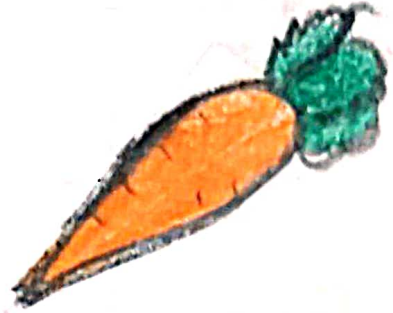
17.5.24

H.W.

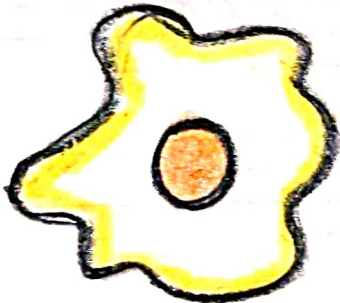
HEALTHY FOOD ITEMS



GRAPES



CARROT



OMLET



MILK



CHEESE