

## Chapter-4 Food we eat

### Short question and answer:

1. What is fibre?  
→ Fibre is one of the things present in the food that helps us to digest food.
2. What do non-vegetarians people eat?  
→ Non-vegetarians eat meat, fish as well as food from plants.

### Answer the following:

1. What are energy-giving foods? Give <sup>two</sup> examples.  
→ Food that gives us energy to work, play and think are called energy-giving food. For examples Rice, wheat.
2. What are body-building food? Give two examples  
→ Food that help us to build our muscles and make our body strong are called body building food. for example - Milk, Fish.



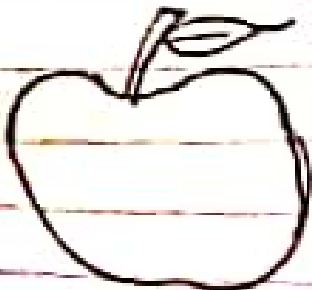
## Words for missing letters (Ch-3 and 4)

1. JUNK
2. PROTECTIVE
3. GRAINS
4. PETS
5. NEIGHBOURHOOD

## Words for Rearrange (Ch-3 and 4)

1. NEIGHBOUR
2. RECREATION
3. CARE
4. VEGETARIANS
5. PANEER

Draw two protective foods.



Apple



carrot