L. 11 Food

NEW WORDS

1. meat
2. meal
3. bones
4. vegan
5. cheese
6. paneer
7. pulses
8. barley
9. energy
10. chicken
11. prevent
12. muscles
13. healthy
14. protective
15. junk food
16. vegetarians
17. solar cooker
18. balanced diet
19. milk products

20. body- building

Q. 1 Answer in one word:

1) People who eat vegetables as well as eggs, fish, chicken and meat are called

Ans. Non-vegetarians.

2) It is used for cooking food using the heat from the sun.

Ans. Solar cooker

3) Which type food protects us from falling sick?

Ans. Protective food

Q.2 Answer the questions in complete sentences.

a. What is a balanced diet?

Ans. A diet that contains all the three types of food in right amount is called balanced diet.

b. **Who are vegans?**

Ans. Vegetarians who do not drink milk or eat any milk products are called vegans.

H.w.

Draw and name any two energy giving food and body building food

Energy giving food	Body building food
1. 2.	1. 2.