

Division in 2019-20
Class-IV

Sub - G.K.

Chapter - 3

Food for a Healthy Body

Foods are of different kinds. Some foods provide us energy to work and play. Some foods help our body to grow strong whereas some other foods protect us from various diseases.

I Classify the following food items under the proper heads:-

Energy giving food

Potato

Rice

Sugar

Wheat

Cream

Butter

Bodybuilding food.

Cheese

Corn

Oats

Mushroom

Meat

Egg.

Protective food.

Lemon

Fish

Honey

Pulses

Beans

Nuts