

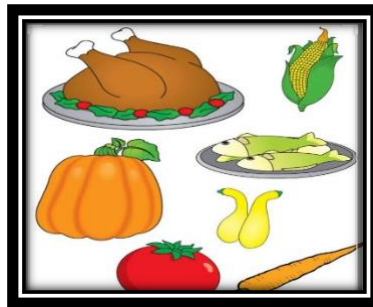
## Our Food

We take food every day. Food helps us to grow. Food gives us energy to work and play. Food makes us strong and healthy.

### Kinds of food

There are different kinds of food.

**1. Some foods help us to grow-** These foods build up our bones and muscles and make them strong and fit.



**2. Some foods provide us energy-** We need energy all the time. We need energy for work and play. Some foods give us energy.



**3. Some foods protect us diseases-** Some foods help us to keep well. Such foods protect us from diseases.



We should also drink lots of water every day.

## Activity

Q.1 Match them with their names.

Vegetables -



Fruits -



Dairy products -



Cereals -



