

# Answers

## Theme 3: My Food Lesson 3: We Need Food

### Main Coursebook

I am ready: MEAL

I am a learner

A. 1. c. healthy    2. b. clean    3. a. hands

B. 1. We need food to get energy and stay healthy.

2. a. Breakfast    b. Lunch  
c. Dinner

3. We should wash our hands before eating.

C. 1. bread    2. cheese    3. butter    4. pulses

I am an artist: Accept all relevant responses.

My Secret Diary: Accept all relevant responses.

I am a thinker: Roshan should eat a healthy breakfast to feel better.

I am an all-rounder

A. English: 1. green    2. grapes

B. Maths: 10

I love my Little Book: Accept all relevant responses.

Happy Times (Page 15)

1. There are four children in the picture.
2. The children are eating fruits.
3. I can see bananas and mangoes on the plates.
4. It looks like summer because they are eating fruits and wearing light clothes.

### Students' Worksheets

Worksheet 1

A. 1. Food    2. strong    3. energy  
4. Fruits    5. animals

B. 1. T    2. F    3. F    4. T    5. T

C. 1, 4

Worksheet 2

A. 1. CURD    2. MILK    3. RICE

4. EGGS    5. BUTTER

B. 1. pulses    2. plants    3. breakfast

4. fruits    5. dinner

C. 1. F    2. F    3. T    4. F    5. T

Worksheet 3

A. 1. clean    2. same    3. closed

4. before    5. Rinse

B. 1. GEH    2. BEH    3. GEH    4. GEH    5. GEH

C. energy

Worksheet 4

A. 1. healthy    2. grow    3. morning

4. afternoon    5. night

B. 1. rice    2. eggs    5. cucumber

C. Accept all relevant responses.

### Teacher's Worksheets

Worksheet 1

A. 1. Food    2. healthy    3. three

4. clean fresh    5. rinse

B. 1. F    2. T    3. T    4. T    5. T

C. 1. We eat food when we are hungry.

2. Milk, fish and pulses help us grow.

3. Food comes from plants and animals.

4. We have three meals a day.

5. Two good eating habits are:

**Suggested responses:**

i. Eat at the same time every day.

ii. Eat slowly. Chew your food well.