

Answers

Theme 2: Our Needs Lesson 2: Food for Us

Main Coursebook

I am ready: Accept all relevant responses

I am a learner

- A. 1. a. eggs 2. b. healthy
3. a. lunch
B. 1, 2

- C. 1. Accept all relevant responses.
Possible answers: Milk, eggs, fish, meat and pulses (dal)
2. The food we eat is called a diet.
3. A balanced diet has all kinds of food items in the right amount. Hence, it keeps us fit and healthy.

I am an artist: Accept all relevant responses.

My Secret Diary: Accept all relevant responses.

I am a doer

1. vegetables, pulses, rice
2. butter, cheese, milk

I am an all-rounder

A. English

1. box
2. Peach

B. Maths: Nine Hundred and Ninety-Nine

I love my Little Book: Accept all relevant responses.

Students' Worksheets

Worksheet 1

- A. 1. grow 2. energy 3. Fruits
4. raw 5. diet
- B. 1. T 2. T 3. F 4. T 5. F
- C. 1. v 2. iii 3. i 4. ii 5. iv

Worksheet 2

- A. 1. body-building 2. energy-giving
3. protective 4. junk
5. unhealthy
- B. 1. iv 2. iii 3. i
4. v 5. ii
- C. 1. RICE 2. SUGAR
3. PULSES 4. BUTTER
5. CARROTS

Worksheet 3

- A. 1. energy 2. healthy
3. Uncooked
4. cook 5. fit
- B. 1. iv 2. iii 3. i
4. v 5. ii
- C. Accept all relevant responses.

Worksheet 4

- A. 1. breakfast 2. lunch 3. dinner
4. three 5. carrots
- B. 1. cucumber 2. amount 3. Boil
4. Brushing 5. fruits
- C. 2, 4, 5

Teacher's Worksheets

Worksheet 1

- A. 1. Fish 2. uncooked 3. diet
4. healthy 5. brush
- B. 1. eggs, pulses 2. butter, rice
3. fruits, vegetables 4. carrots, cucumber
5. pizza, soda
- C. 1. milk 2. peas 3. morning
4. afternoon 5. night