

NAME: \_\_\_\_\_

# Food We Eat

Fill in the blanks.

grains, chew, raw, eat, health, milk, cooked, digest,  
fixed, wash

1. We should \_\_\_\_\_ our food properly.
2. Babies take \_\_\_\_\_ as their food.
3. We should eat fresh and well \_\_\_\_\_ food.
4. We should have our meals at \_\_\_\_\_ time.
5. We get fruits, vegetables and \_\_\_\_\_ from plants.
6. We should \_\_\_\_\_ our hands before and after meals.
7. Chips and cold drinks are not good for our \_\_\_\_\_.
8. Fruits can be eaten \_\_\_\_\_ without being cooked.
9. Water helps us to \_\_\_\_\_ food we eat.
10. We must not \_\_\_\_\_ uncovered food.