

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.

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