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Ch-3

Food we eat

Very short Ques / Ans.

Q1 Name a food grain.

Ans. Wheat

Q2 Which are main sources of food?

Ans. Plants and animals

Q3 Which rice product do you like the most?

Ans I like to eat idli dosa / biryani

Short Ques/Ans.

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Q.1 Define nutrients.

Ans. Nutrients are substances present in food that help us to grow, get energy to work and to be healthy.

Q.2 Who are vegetarians?

Ans. Vegetarians are people who eat only plants or plant products.

Q.2 Who are non-vegetarians?

Ans. People who eat both plants and animals.

are called non-vegetarians.