

- A. 1. Vegetables are different eatable parts of the plant like root, stem, leaf, flower etc.  
2. Pulses make our body strong because they contain proteins.
- B. 1. (b); 2. (b); 3. (a); 4. (c); 5. (c)
- C. 1. True; 2. False; 3. True; 4. False; 5. True
- D. 1. Food; 2. stem; 3. Pulses; 4. bhatura; 5. hens, ducks
- E. 1. Potato, onion, ginger are the stem of plant.  
2. Suji is used to make halwa, dhokla, etc.  
3. Persons who eat meat are called non-vegetarians.  
4. Milk is a complete food because it contains all essential nutrients.  
5. Papaya, guava are fibrous fruits.
- F. 1. We need food to live and grow.  
2. Carrot, radish, turnip and sweet potato are obtained from roots of the plants.  
3. Food grains and pulses are the dried seeds of some plants. Wheat, rice, maize, bazra are the food grains. Arhar, moong, gram, massor are the pulses.  
4. Food that helps us to grow, is called body-building food. Such type of food are rich in proteins.  
5. Fruits and vegetables are rich in vitamins and minerals. They keep us away from disease so they are called protective food.

**Hot Question**

Our immunity system would become weak if we do not eat fruit and vegetables. Our body cannot fight against disease causing germs.

**Be Healthy and Safe**

- A. 1. We should wash our hands before and after eating food. We should chew our food properly.  
2. We should walk on the footpath and we should cross the road at zebra crossing.
- B. 1. (c); 2. (b); 3. (a); 4. (b); 5. (c)
- C. 1. False; 2. True; 3. False; 4. True; 5. False
- D. 1. nutrients; 2. eating; 3. flexible; 4. park; 5. dettol
- E. 1. We should eat fresh fruits and vegetables with good diet for being healthy.  
2. Massage keeps our muscles in motion and make them strong.  
3. Running, playing, cycling and yogasans are good exercises.  
4. Zebra crossing is place where black and white strips are made on the road.  
5. We should walk on the footpath.
- F. 1. We should wash our hands before eating because our hands have many diseases causing germs and they will enter in our body with meal.