VIDYA BHAWAN BALIKA VIDYA PITH

LAKHISARAI : 2021

 $CLASS = 4^{th} A AND B$

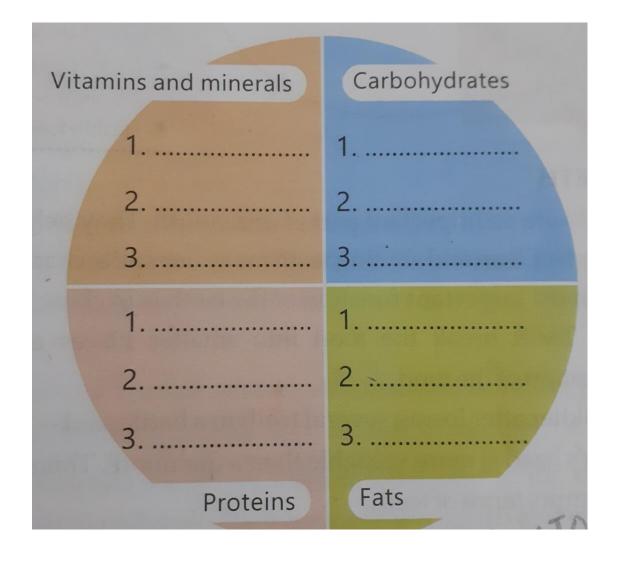
DATE= 17/06/20

SUBJECT= E V S

SUB: TEC: NAINA PASWAN

CHAPTER 1: FOOD WE EAT

• For a healthy and complete meal what food item would you suggest write three names of each .



Value to learn

Food eating should be digested well and absorbed by our body. Then only we can stay healthy and grow strong . lets follows some good habit to keep our digestive system perfectly working .

- Get our get up early and drink a glass of water .
- Go for a morning walk , brisk walk or do exercise .
- Eat healthy food items always .
- Drink sufficient water .
- Avoid eating junk food .
- Eat food always in time.

IN H.W. SAME WORK WRITE IN YOUR FAIR COPY.