

Class 8 - English
Unit Two : Food & Nutrition

Unit 2: Food & Nutrition - Hand Notes

Class Level: Primary Kids | **Skills:** Silent Reading, Listening, Q&A Writing

 **Visual Foods Reference**

Bowl + Spoon = Lentils (Dal) Curved Fruit = Banana
Powder/Flour = Carbs Cluster = Grapes
Swimming Fish = Protein Grain = Rice/Chal

 **Learning Objectives**

1. **Silent Reading** - Find food facts quietly
2. **Active Listening** - Catch nutrition info from audio
3. **Q&A Practice** - Write answers about healthy eating
4. **Identify Nutrients** - Match foods to body benefits

 **Food Groups Chart**

Food	Picture	Main Nutrient	Body Benefit
Rice/Chal	Grain bowl	Carbohydrates	Energy
Lentils/Dal	Bowl+spoon	Protein (plant)	Muscle growth
Fish	Swimming	Protein (animal)	Strong muscles
Banana	Curved	Vitamin C, Potassium	Immunity, heart

Food	Picture	Main Nutrient	Body Benefit
Grapes	Cluster	Vitamin C	Antioxidants
Flour	Powder	Carbohydrates	Quick energy

 **Key Nutrition Facts**

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Carbs (Rice/Flour) → Energy for play & study

Protein (Fish/Dal) → Build strong muscles

Vitamins (Fruits) → Fight germs, healthy skin

Balanced Plate = Rice + Dal + Fish + Fruit

 **Practice Skills Guide**

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1 SILENT READING:

- Look at pictures
- Find food names silently
- Note nutrition benefits

2 LISTENING:

- Hear food names
- Catch nutrient words
- Remember picture matches

3 WRITING Q&A:

Q: Which food gives energy?

A: Rice and flour give energy

Unit 2: Food & Nutrition - Complete Practice Set

 **Question & Answer (10 Qs)**

Q1: What foods are shown in the unit pictures?

A: Rice, lentils (dal), fish, banana, grapes, flour powder.

Q2: What does silent reading help you find?

A: Food names and nutrition information silently.

Q3: Name the skill where you write answers.

A: Practice writing answers to questions.

Q4: Which food gives energy (carbohydrates)?

A: Rice and flour powder.

Q5: What does fish provide to the body?

A: Protein for strong muscles.

Q6: What fruit is curved in the picture?

A: Banana.

Q7: How many food groups are in the images?

A: 4 groups - grains, protein, fruits, legumes.

Q8: What is nutrition?

A: Food that gives body energy and health.

Q9: What grows in clusters in the picture?

A: Grapes.

Q10: Best practice for learning this unit?

A: Read silently → Listen → Write answers daily.

— Fill in the Blanks (10 Qs)

1. Bowl with spoon shows ____ (lentils/dal).
2. ____ reading means read without speaking.
3. Fish provides body with _____. (protein)
4. Rice gives quick _____. (energy)
5. ____ are shown as cluster fruits. (Grapes)
6. Unit teaches listen for _____. (information)
7. Banana grows on _____. (trees)
8. Lentils are plant _____. (protein)
9. Practice skill is write ____ to questions. (answers)
10. Healthy plate needs all four food _____. (groups)

 **Column A ↔ Column B Matching (10 Qs)**

Column A (Food/Picture)	Column B (Nutrient/Benefit)
1. Rice	A. Vitamin C
2. Fish	B. Carbohydrates/Energy
3. Banana	C. Plant Protein
4. Lentils (bowl)	D. Animal Protein
5. Grapes	E. Potassium
6. Flour powder	F. Cluster fruits

Column A (Food/Picture)	Column B (Nutrient/Benefit)
7. Silent reading	G. Carbs/Energy
8. Listening skill	H. Find info quietly
9. Writing practice	I. Catch audio info
10. Unit 2 goal	J. Answer questions

Correct Matches: 1B, 2D, 3E, 4C, 5A, 6G, 7H, 8I, 9J, 10F

✔ Answer Key

Fill in Blanks: 1. lentils 2. Silent 3. protein 4. energy 5. Grapes 6. information 7. trees 8. protein 9. answers 10. groups

Perfect Score Practice: Do all sections in 15 mins daily! 🌟

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Unit 2: Food & Nutrition - True/False Questions (20 Qs)

✔ True/False Practice Set

1. Rice gives energy to the body.

True

2. Fish in the picture has legs.**

False (Fish has fins)

3. Silent reading means read without speaking.

True

4. Banana grows on trees.**

True

5. Lentils are animal protein.**

False (Plant protein)

6. Unit teaches listening for stories only.**

False (Listen for information)

7. Grapes grow in clusters.**

True

8. Practice skill is drawing pictures.**

False (Write answers)

9. Balanced plate needs all food groups.**

True

10. Flour powder provides protein.**

False (Carbohydrates/energy)

11. Bowl with spoon shows fish.**

False (Shows lentils/dal)

12. Nutrition means body fuel and health.**

True

13. Only fruits give Vitamin C.**

False (Many foods give vitamins)

14. Unit 2 is for adult learning.**

False (Kids learning)

15. Writing answers helps practice skills.**

True

16. Rice is a protein source.**

False (Carbohydrate source)

17. Images help remember food names.**

True

18. Fish helps build strong muscles.**

True

19. Silent reading finds math problems.**

False (Finds food info)

20. Healthy eating needs rice + dal + fish + fruit.**

True

