**UNIT 2: Food and Diet**

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1. **Read the statements below. Decide if they are true or false.**

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| Statements | True | False |
| 1. Plants donot eat food from outside.
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| 1. Plants make simple sugars such as glucose.
 |  |  |
| 1. Seeds may store starch and oil.
 |  |  |
| 1. Proteins, fats and carbohydrates are called welfare food substances.
 |  |  |
| 1. If we eat too little food, we become fat.
 |  |  |

1. **Fill in blanks**
2. Carbohydrates give us\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_are used for growth of the body.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have fats in them.
5. Some of the important vitamins are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Vitamin A is found in\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Calcium is good for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Two-thirds of our body is made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_