



Energy

Michael is busy doing his workout in the gym. He soon got exhausted that day. It was because of lack of energy. Energy is the strength or power to do work. Living organisms need food to produce energy. So you need to eat healthy, a balanced diet. A balanced diet is a food with all the nutrients in the right amount. The chief composition of foods are carbohydrates, fats, proteins, water, vitamins and minerals. We need the desired amount of all the above mentioned components for proper metabolism of our body.



Answer the following.

1) Why was Michael exhausted?

2) What is a balanced diet?

3) To produce energy, living organisms need _____

4) What is the chief composition of foods?

5) Can you live without eating?



Reading Comprehension

Name _____

Score _____

Answer key

EC:05

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Michael is busy doing his workout in the gym. He soon got exhausted that day. It was because of lack of energy. Energy is the strength or power to do work. Living organisms need food to produce energy. So you need to eat healthy, a balanced diet. A balanced diet is a food with all the nutrients in the right amount. The chief composition of foods are carbohydrates, fats, proteins, water, vitamins and minerals. We need the desired amount of all the above mentioned components for proper metabolism of our body.



Answer the following.

1) Why was Michael exhausted?

Michael was exhausted due to lack of energy.

2) What is a balanced diet?

A balanced diet is a food with all the nutrients in the right amount.

3) To produce energy, living organisms need food

4) What is the chief composition of foods?

The chief composition of foods are carbohydrates, fats, proteins, water, vitamins and minerals.

5) Can you live without eating?

No. We cannot live without eating.