

# WORLD FOOD DAY

## Section 1: Why Is Food Important?

Food gives us energy to grow, play, and learn. But not everyone in the world has enough food to eat. World Food Day is about making sure everyone gets the food they need.

### Question 1:

Why is food important for our bodies?

- A. It helps us sleep
- B. It gives us energy
- C. It makes us tall instantly
- D. It makes us run faster



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## Section 2: How Food Grows?

Different foods come from plants and animals. Farmers work hard to grow food like fruits, vegetables, and grains, while others raise animals that provide us with milk, eggs, and meat.

### Match the Food:

- Apple (A)
  - Bread (B)
  - Milk (C)
1. Grain \_\_\_\_\_
  2. Tree \_\_\_\_\_
  3. Cow \_\_\_\_\_



## Section 3: My Favorite Food!

Everyone has a favorite food! Write about your favorite food and why you like it.

**My favorite food is:**