


We shall learn

- Why do we need food
- Types of food
- Sources of food
- Healthy food

3

Our Food



WARM UP

Circle the things you should eat for breakfast :



Why Do We Need Food

We need food to live, grow and to stay healthy.

Food gives us **energy** to work and play.

We need good food to keep us fit.

Types of Food

We eat different types of food.

Pizza, burger, chowmin, samosa, etc are junk food items. They are not good for health.

Fruits, vegetables, milk, egg, rice, butter, bread, etc are healthy food items.



Wisdom Corner

Milk is called a complete food.



fruits



vegetables

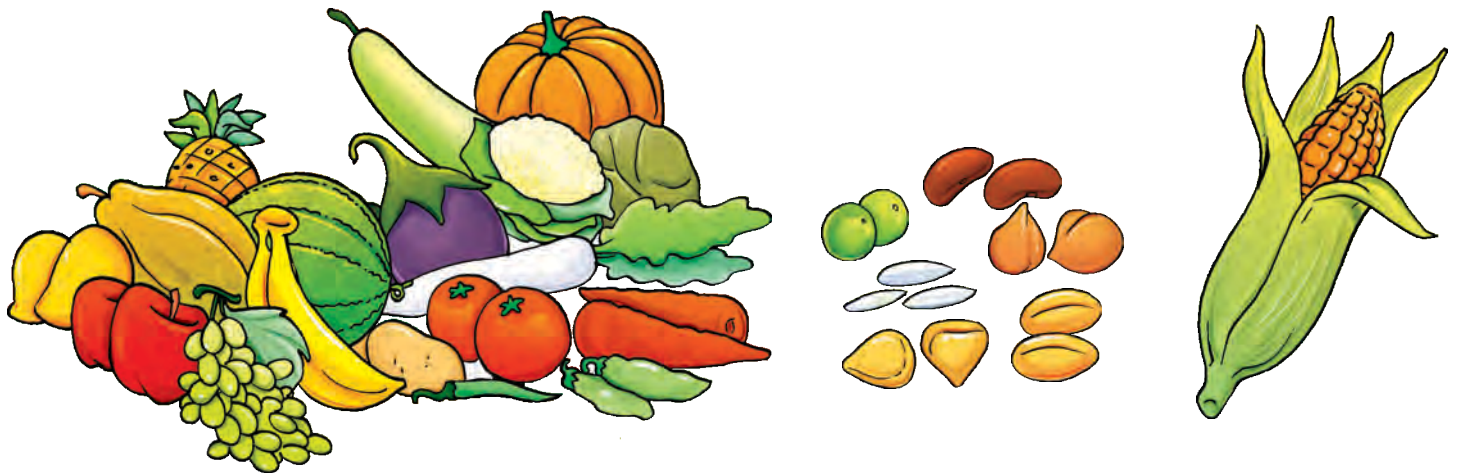
They keep us healthy.

We should wash fruits and vegetables properly before eat them.

Sources of Food

We get food from plants and animals.

We get fruits, vegetables, cereals and pulses from plants.



We get milk, eggs and meat from animals.

We should have at least two glasses of milk everyday.

Milk keeps our bones and teeth strong.



Wisdom Corner

People who eat cereals, pulses and vegetables are called vegetarians. People who eat both vegetables and meat are called non-vegetarians.

Healthy Food

Food that makes our body strong and helps us to stay healthy is called **healthy food**.

Fresh fruits, vegetables, cereals, pulses, milk, eggs and meat help us to become strong and stay healthy.

We take our food three times a day—in the morning, at noon and at night.



breakfast (morning)



lunch (noon)



dinner (night)

We should eat clean and fresh food, and in the right quantity. We should not eat too much.

Keep in Mind



Too much sweets, toffees and chocolates can spoil our teeth.
Oily food and soft drinks are not good for health.

Children keep on growing all the time. Fresh and good food help them grow.

Find Out



Circle the things that are not good for our health :
milk, sweets, fruits, oily food, vegetables, egg, burger.

Glossary

Energy

Capacity or power to work.

Healthy food

Food that makes our body strong and helps us stay healthy.

Question Hour-I



A Tick (✓) the correct answer :

1. We need food to live, grow and stay :

(a) healthy (b) weak (c) none of these

2. Food gives us :

(a) lunch (b) energy (c) none of these

3. We get food from :

(a) plants (b) animals (c) both of these

4. Too much sweets can spoil our:

(a) clothes (b) teeth (c) hands

B Fill in the blanks with correct words from the box :

1. We need _____ to live and grow. (food/clothes)

2. We must eat _____ kinds of food. (same/different)

3. We should eat _____ food. (healthy/unhealthy)

4. We get pulses and cereals from _____ . (plants/animals)

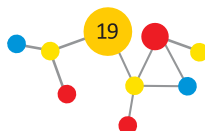
5. We get eggs and milk from _____ . (plants/animals)

C Answer the following questions :

1. Why do we need food?
2. Name different types of food.
3. What are the sources of food?
4. Why should we eat healthy food?

Think Beyond HOTS 

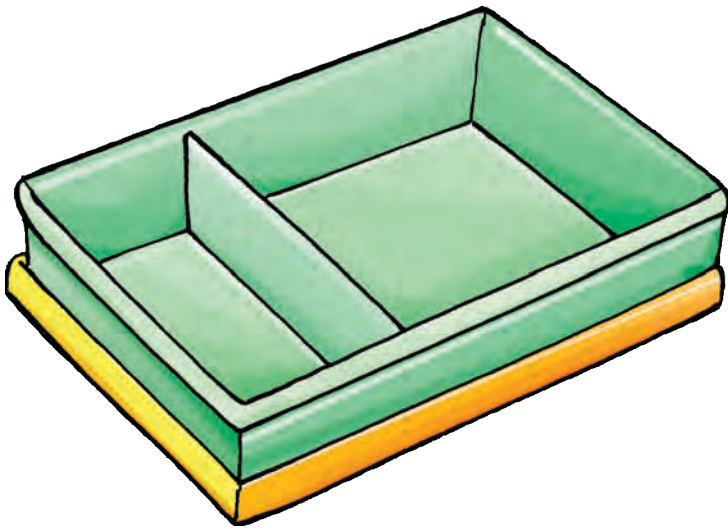
1. Why should we take milk everyday ?
2. Which are three main meals we eat?
3. Why do we feel thirsty?



Question Hour-II



Look at the picture. Write the names of the food items you would like to have in your lunch box :



rice



eggs



banana



bread



apple



puries



dal

Fun to Drill

You take food daily. How much have you grown up?

1. Your age years
2. Your height centimetres
3. Your weight kilograms

Fun to Act

Fill in the table with food items that you take for breakfast, lunch and dinner :

Day \ Meal	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Breakfast	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>