

We shall learn :

- Kinds of food
- Sources of food
- Meals of the day
- Healthy eating habits
- Healthy teeth

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Food and Health



WARM UP

What do you love to eat for breakfast? Write its name. I love to eat _____.

Food is our basic need. We need food to live and grow. It keeps us healthy. It gives us energy to work and play.

Kinds of Food

We eat many kinds of food to stay healthy. Food is of three kinds : energy-giving food, body-building food and protective food.

Energy-giving Food

Food like sugar, butter, rice, potato and jaggery give us energy to work and play.



potato



butter



sweets



sugar



rice

Body-building Food

Food like milk, eggs and pulses help our body to grow and build our muscles. They make our bones and teeth strong.



milk



grams



dry fruits



cheese



pulses



oil

Protective Food

Food like fruits, vegetables and nuts prevent us from falling sick. They keep our body working efficiently.



fruits



vegetables

Sources of Food

We get our food from plants and animals.

We eat fruits and vegetables that we get from plants. We also eat rice, wheat, gram and pulses. Such food is called **cereals**. Those who eat food that we get from plants only are called **vegetarians**.

We get food like eggs, meat and milk from animals. Those who eat meat are called **non-vegetarians**.



meat



eggs



milk



Wisdom Corner

Growing children should eat body-building food as they need it to grow strong.

Meals of the Day

We should have our meals regularly and at correct times. The three main meals are :

Breakfast is the most important meal of the day. We take it in the morning.

Lunch is also the main meal of the day. We eat lunch in the noon.

Dinner is the last meal of the day. We take dinner in the night.



Wisdom Corner

Proper gap between the meals help you to digest the food properly.

Healthy Eating Habits

- Wash your hands and mouth before and after every meal.
- You should eat at a clean place. Use clean dish, spoon and glass.



- Do not eat junk food or uncovered food sold by hawkers.
- Eat slowly and chew your food well.
- Eat enough but not too much.
- Do not waste food. Take out in your plate only as much food as you can eat.
- Drink lot of water everyday.
- Eat well cooked food.
- Eat fresh food. Eating stale food can make you sick.



Healthy Teeth

- Brush your teeth in the morning and at night.
- Too many chocolates and sweets are harmful for our teeth.
- Too many burgers, pizzas and cold drinks are harmful for our teeth. That is why these are called **junk food**.
- To keep our teeth healthy, we must visit the dentist regularly.



Glossary

Energy-giving food

Food that gives us energy to work and play

Body-building food

Food that helps our body to grow and our muscles to become strong

Protective food

Food that protects us from falling ill

Question Hour-I



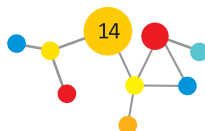
A Tick (✓) the correct answer :

1. Which of these is an energy-giving food?

(a) sugar

(b) fish

(c) water



2. Which food can we not eat raw ?
 (a) radish (b) rice (c) carrot
3. Eating stale food can make you:
 (a) healthy (b) sick (c) fat

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

grow, body, need, energy

- Food is our basic _____ .
- Food gives us _____ to work and play.
- Food builds our _____ .
- Food helps us to _____ .

C Match the columns :

- | | |
|-----------------------|---------------------|
| 1. Chew your food | (a) a lot of water. |
| 2. Do not eat | (b) regularly. |
| 3. We must drink | (c) well. |
| 4. Visit your dentist | (d) uncovered food. |

D Tick (✓) the correct word :

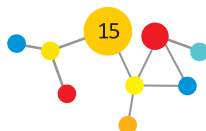
- We should always eat fresh/stale food.
- We must drink plenty of cold drinks/water.
- Eating too much junk food/fruits is unhealthy.
- We must eat too much/enough food.
- Eating too much sweets and chocolates is harmful/healthy to our teeth.

E Answer the following questions :

- Why do we need food?
- Why do we need energy?
- How much should we eat?
- Why should we not eat uncovered or stale food?
- Write five rules for healthy eating?

Think Beyond HOTS 

- Which foods are called cereals ?
- What are dairy products made of?



Question Hour-II



Write 'Good' or 'Bad' against each sentence :

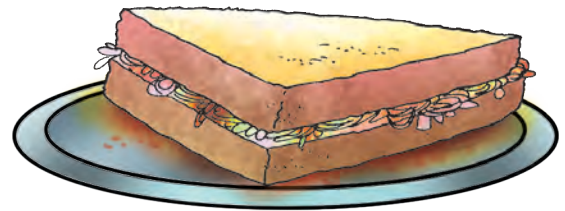
1. Ravi eats uncovered food.
2. Meena chews the food well.
3. Raju eats bhelpuri sold by street vendors.
4. Reena washes her hands before eating.
5. Mona never eats fruits.

Fun to Drill



Yummy and Healthy Sandwich!

Enjoy a healthy snack. Mix chunks of fruit, boiled potatoes and cucumber. Sprinkle salt over the mixture. Put a cheese slice between two slices of brown bread. Spread the mixture on one slice. Put the other slice over it. Enjoy your sandwich!



Fun to Act



1. Divide your class into three groups :
Group 1 will prepare a poster on food items which give us energy.
Group 2 will prepare a poster on food items which prevent us from falling sick.
Group 3 will prepare a poster on food items which help us to grow.
Take help from your teacher. Display the three posters on your class notice board.
2. Plan a healthy diet for your lunch. Put the food items under the correct columns:

Energy-giving food	Body-building food	Protective food
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