

## About the Chapter

- The Need for Food
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# 2

## Our Food

### The Need for Food

All the living beings need food to live. Birds and animals too need food to live.

Food provides us with energy which gives us strength to work and play. It makes our body strong and healthy. It also helps our body to grow.



#### Remember

We should always have nutritious and balanced food.



### Kinds of Food

Food is of two kinds – 1. Non-vegetarian food      2. Vegetarian food

**1. Non-vegetarian food :** Eggs, meat and fish come under this category. Today, many living beings like this food. Besides humans, animals and birds such as lion, dog, eagle, etc. like it too.



#### Remember

Milk is complete food. We should drink it every day.

**2. Vegetarian food :** Chapatis, vegetables, pulses, milk, ghee, butter and fruits come under this category. It is eaten by humans and a lot of animals and birds.

#### Teacher's Corner

- The teacher should tell the students about nutritious and balanced food. They should also tell them about the importance of having food at proper times.



## Times of Food

We have light meals twice a day.

- \* First time, breakfast in the morning.
- \* Second time, snacks or refreshment in the evening.

We have meals twice a day.

- \* First time, lunch in the afternoon.
- \* Second time, dinner at night.



## Good Habits Related to Food

Before having our meals, the following should be kept in mind :

- \* The mouth, hands and feet should be washed properly.
- \* Always have clean and fresh food.
- \* Always chew the food well and eat it slowly.
- \* Never talk while eating.
- \* Have your meals at fixed times only.
- \* Eat only that much food as is required.
- \* Always sit at a dining table and eat. If it is not available, sit on the floor and keep the food a little above the floor level.
- \* Always have fruit and salad in lunch.



## Learnt by Now



- ... All living beings need food to live.
- ... Food provides us with energy to work and to play.
- ... Food is of two kinds – non-vegetarian and vegetarian.
- ... We have light meals twice a day. We also eat meals twice a day.





# Exercise



## A. Tick (✓) the correct answer : (MCQs)

1. What do all the living beings need to live ?

- (a) Dancing  (b) Food  (c) Crying

2. What does food make our body ?

- (a) Lethargic  (b) Sick  (c) Strong

3. Food is of how many kinds ?

- (a) Two  (b) Three  (c) Four

## B. Write answers to the following questions :

1. What do we get from food ?

2. What is a non-vegetarian food ?

3. What is a vegetarian food ?

4. What kind of food should we eat ?

## C. Fill in the following by selecting correct words :

1. All the living beings need \_\_\_\_\_ to live.

2. Animals too need food to \_\_\_\_\_.

3. Some animals and birds eat \_\_\_\_\_ food.

4. We should eat food at \_\_\_\_\_ times.



- non-vegetarian
- fixed
- food
- live

## D. Write true or false :

1. Food makes our body strong and healthy. \_\_\_\_\_

2. All living beings eat non-vegetarian food. \_\_\_\_\_

3. Fruit, vegetables, milk, butter, etc are vegetarian food. \_\_\_\_\_

4. Food should be chewed well and eaten slowly. \_\_\_\_\_

## ■ Creative Task



1. Collect pictures of 5 vegetarian and 5 non-vegetarian foods and paste them in your scrapbook.

2. Make a table in your notebook. In it, note down what you ate all for breakfast, lunch and dinner in a week. Show it to your teacher and find out whether the food was balanced or not.