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Unit 2 : Our Needs

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Our Food

Food is our very first need. We cannot survive without it. It helps in our growth. It provides us with energy to work and play. We eat different kinds of food. We get food from many sources.

Plants provide us with foodgrains, pulses, vegetables and fruits. Animals provide us with milk, eggs and meat. Some people also eat fish as food. Fruits and vegetables contain vitamins which provide us with strength to fight diseases. That is why they are called **protective** foods.

We cook some things to eat such as rice, pulses, fish, meat and vegetables. The cooked food is tasty and easy to digest.

Some fruits and vegetables are also eaten raw, such as apple, orange, pineapple, banana, grapes, peas, tomato, carrot, radish, turnip, cucumber, etc.



Interesting Fact

More than 3 billion people in the world eat rice.



Teacher's Corner

- Ask the students what they like to eat. Tell them not to eat more of toffees and chocolates. Also, tell them that eating more of these things may spoil the teeth and they may fall off.



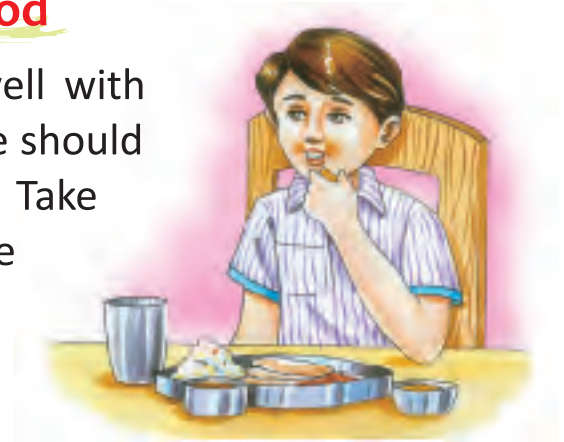
Care of Food

We should always have fresh and balanced food. Before cooking, pulses and vegetables should be washed well. Food should always be covered. Never eat uncovered food such as sliced fruit or sweets from the roadside hawkers and peddlers. We should have our meals at proper times only.



Proper Way to Have Food

Before sitting down to eat, wash the hands well with soap. Have food only at a neat and clean place. One should not talk while eating. Food should be chewed well. Take only that much food which you can eat. Never leave food in your plate as leftovers in the end.



Remember

Do not eat spicy foods as they upset the stomach.

Learnt by Now



- ... Food helps in the growth of our body.
- ... It provides us with energy.
- ... We get food from many sources.
- ... Vegetables and fruits are protective foods.
- ... Always eat fresh and balanced food.
- ... Food should be chewed well and eaten.



Exercise

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

1. What do we get from plants ?

(a) Milk



(b) Eggs



(c) Foodgrains





- 2. What give us energy to fight diseases ?
 (a) Junk foods (b) Vitamins (c) Patties
- 3. What should not be done while eating ?
 (a) Chewing (b) Washing hands (c) Talking
- 4. What kind of food should we have ?
 (a) Uncovered food (b) Fresh food (c) Stale food

B. Write answers to the following questions :

- 1. Why is food necessary for us ?
- 2. What do we get from food ?
- 3. What is the importance of vitamins ?
- 4. What are the advantages of cooking food ?
- 5. While having food, what should we care about ?

C. Fill in the blanks :

- 1. Food provides us with _____ to work.
- 2. _____ give us energy to fight diseases.
- 3. The cooked food is _____.
- 4. Always have _____ food.
- 5. Food should be _____ well.



tasty
chewed
vitamins
energy
fresh

D. Write yes or no :

- 1. Is food our very first need ? _____
- 2. Do fruits and vegetables have vitamins ? _____
- 3. Are the fruits cooked to be eaten ? _____
- 4. Should food be covered ? _____
- 5. Should we leave food in our plates as leftovers ? _____

■ Creative Task 

- 1. Make a list of eatables which are eaten raw.
- 2. Make a list of some of your favourite fruits and vegetables.