



3

Food

Focus On

- ◆ Food
- ◆ Main Sources of Food
- ◆ Meals in a Day



HERE WE GO.....

From the following pictures, tick (✓) the picture of healthy food and cross (X) the picture of unhealthy food :



Food

All human beings eat food to live and grow. We eat various kinds of foods. Food gives us energy to work and play. It helps our mind to grow. It makes our body strong and healthy. Fruits are eaten raw by us. We eat vegetables, grains and pulses by cooking them.

Main Sources of Food

Plants and animals are the main sources of our food. We will discuss about the food we get from plants and animals in this chapter.

Plants

Plants are our main source of food. Most of the people depend on plants for their food.

Grains or Cereals : Wheat, rice, maize, millet, etc.

Pulses : Lentil, chickpeas, gram, kidney beans, etc.

Vegetables : Carrot, potato, brinjal, spinach, etc.

Spices : Cumin seeds, carom seeds, cinnamon, cardamom, etc.

Nuts : Walnut, almond, groundnut etc.

Oil : Mustard oil, coconut oil, sesame oil, etc.

Tea and coffee.



Fruits



Vegetables



Grains



Pulses



Tea and coffee

Food we get from plants



Animals

- ❖ Main food we get from animals is milk. We make many things from milk such as curd, cheese and paneer. We get milk from cow, buffalo and goat.
- ❖ We get eggs from hens and ducks.
- ❖ We get meat from hens and goats.
- ❖ Some people eat fish.
- ❖ We get honey from honeybees.



LET'S DO



Tomato is considered to be a fruit. Ask your teacher about that.



Eggs



Honey



Meat



Milk



FOLLOW IT



Drink two glasses of milk every day. It makes our bones and teeth strong.

Food we get from animals

Meals We Have in a Day

Breakfast, lunch and dinner are the main meals we have in a day.

Breakfast

Our first meal of the day that we take in the morning is breakfast. We eat paranthas, bread, eggs, fruits, juice, milk, cornflakes, etc in our breakfast.



Lunch

In the afternoon, we take our lunch. We eat dal, roti, vegetables, rice, curd, etc. in our lunch.



Dinner

At night, we take dinner. We eat roti, vegetables, rice papad, etc. We like to eat some sweet dish after dinner. It is called desert. It may be kheer, halwa or ice-cream.



Junk food : The food that does not provide any nutrient to our body and gets collected in our stomach is called **junk food**. It is not good for health.



Fact Byte

Flavoured cold drinks are harmful for health. Drink fresh fruit juices, shikanji, lassi, etc. that are made at home.

LET'S DO

Name any two dishes from different regions of India.

Snacks

Between the three meals, we may feel hungry. We can take some light food in between. We call it snacks. We can take nuts, fruits, juices as snacks.

Water

Water helps in digesting food. We should drink 8-10 glasses of water throughout a day.

Lack of water causes our body not functioning properly.



Flash On

- ◆ We need food to be healthy and strong.
- ◆ Main sources of food are – plants and animals.
- ◆ We take three meals in a day, breakfast, lunch and dinner.





Picture Review



Snacks : The light meal we may take between two meals.

Junk Food : Unhealthy food



Stir Up Your Mind

A. Tick (✓) the correct option :

- We get _____ from plants.
(a) vegetables (b) honey
- We get _____ from animals.
(a) dry fruits (b) milk
- We get honey from _____.
(a) birds (b) honeybee
- We should take _____ daily.
(a) junk food (b) fruits and vegetables
- We generally take _____ meals in a day.
(a) 3 (b) 5

B. Fill in the blanks by choosing words from the help box :

three, cooking, strong, unhealthy, meat

- We get _____ from goat and hen.
- Junk food is _____.
- Generally, we take _____ meals in a day.
- Milk makes our teeth and bones _____.
- We eat wheat and rice by _____ them.

C. Write 'T' for True and 'F' for False statements :

- Lunch is the first meal of the day.
- We eat grains and pulses by cooking them.
- Cows and goats give us eggs.



4. Snacks can be taken between two meals.

5. We should drink 8-10 glasses of water every day.

D. In the wordsearch grid, spot and circle the names of five food items we get from plants :

K	G	V	E	I	A	S	P	E	D
O	U	E	A	L	K	A	U	A	R
F	O	G	H	O	V	G	L	V	Y
R	T	E	U	V	I	A	S	I	F
U	A	T	P	E	G	R	E	G	R
I	K	A	T	Y	R	V	S	U	U
T	O	B	A	O	A	E	Y	P	I
S	M	L	T	U	I	R	T	T	T
J	A	E	A	G	N	M	S	A	S
L	J	S	H	J	S	A	G	H	K

E. Answer the following questions :

1. Why do we eat food?
2. Write two main sources of food.
3. Write the food items we get from plants.
4. Write the food items we get from animals.
5. Why should we drink water?



Practice Time

F. Put (✓) on the food, you think is healthy for you :

1.



2.



3.



4.



5.



6.



Do It

Collect pictures of some fruits and vegetables and paste them under groups of raw and cooked food.

