



From the following pictures, tick ( $\checkmark$ ) 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.

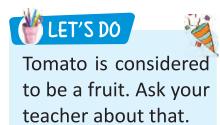
Tea and coffee.

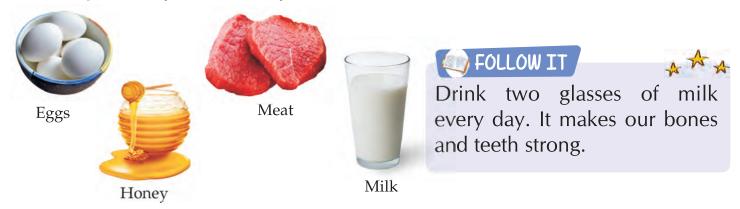


Food we get from plants

#### **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.





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.

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### 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

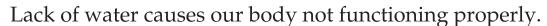
Name any two dishes from different regions of India.

### **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.





# 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.





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

Junk Food : Unhealthy food







| A. | Tic | ck (🗸) the correct opti            | on:                 |                           |  |  |  |  |
|----|-----|------------------------------------|---------------------|---------------------------|--|--|--|--|
|    | 1.  | We get                             | from plants.        |                           |  |  |  |  |
|    |     | (a) vegetables                     |                     | (b) honey                 |  |  |  |  |
|    | 2.  | We get                             | from animals.       |                           |  |  |  |  |
|    |     | (a) dry fruits                     |                     | (b) milk                  |  |  |  |  |
|    | 3.  | We get honey from _                |                     |                           |  |  |  |  |
|    |     | (a) birds                          |                     | (b) honeybee              |  |  |  |  |
|    | 4.  | We should take                     | daily.              |                           |  |  |  |  |
|    |     | (a) junk food                      |                     | (b) fruits and vegetables |  |  |  |  |
|    | 5.  | We generally take _                | meal                | ls in a day.              |  |  |  |  |
|    |     | (a) 3                              |                     | (b) 5                     |  |  |  |  |
| В. | Fil | l in the blanks by ch              | oosing words fro    | m the help box:           |  |  |  |  |
|    |     | thre                               | e, cooking, stron   | g, unhealthy, meat        |  |  |  |  |
|    | 1.  | We get                             | _ from goat and h   | nen.                      |  |  |  |  |
|    | 2.  | Junk food is                       | ·                   |                           |  |  |  |  |
|    | 3.  | Generally, we take meals in a day. |                     |                           |  |  |  |  |
|    | 4.  | Milk makes our teetl               | n and bones         | ·                         |  |  |  |  |
|    | 5.  | We eat wheat and ric               | ce by               | them.                     |  |  |  |  |
| C. | Wı  | rite 'T' for True and 'I           | F' for False stater | nents:                    |  |  |  |  |
|    | 1.  | Lunch is the first me              | al of the day.      |                           |  |  |  |  |
|    | 2.  | We eat grains and pu               | alses by cooking    | them.                     |  |  |  |  |
|    | 3.  | Cows and goats give                | e 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        | Е      | Ι        | A        | S        | Р        | Е        | D |
|------------------|----------|----------|--------|----------|----------|----------|----------|----------|---|
| O                | U        | Е        | A      | L        | K        | A        | U        | A        | R |
| F                | O        | G        | Н      | O        | V        | G        | L        | V        | Y |
| R                | T        | Е        | U      | V        | Ι        | A        | S        | Ι        | F |
| U                | A        | T        | Р      | Е        | G        | R        | Е        | G        | R |
|                  |          |          |        |          |          |          |          |          |   |
| I                | K        | A        | T      | Y        | R        | V        | S        | U        | U |
| I                | $\vdash$ | $\vdash$ | T<br>A | <b>—</b> | $\vdash$ | $\vdash$ | $\vdash$ | $\vdash$ |   |
| I<br>T<br>S      | $\vdash$ | В        | A      | O        | A        | Е        | Y        | Р        | I |
| I<br>T<br>S<br>J | O<br>M   | B<br>L   | A      | O<br>U   | A<br>I   | E<br>R   | Y<br>T   | P<br>T   | I |

### 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?



# 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.