



We all need food to :

- Live and grow.
- Get energy, to work and play.
- To become strong and healthy.

Food acts as a fuel for the body. We get energy from the nutrients present in food.

We eat different kinds of food. Most of the food we eat comes from plants. The most important food we get from plants are grains, vegetables and fruits.



## **SOURCES OF FOOD**

### Food from Plants

We get fruits, vegetables, cereals and pulses from plants.

Fresh fruits also protect our body from diseases.



*Fruits*



*Cereals*



*Vegetables*



*Pulses*

## Food from Animals

We also get our food from animals.

Food from animals includes **meat**, **eggs** and **milk**.



*Eggs*



*Meat*



*Milk*

Animals like sheep, goat and cattle give us meat.

### **MILK**

Milk is the most **nourishing** of all foods. It is also called a **Complete Food**. It makes our bones and teeth strong.

We can make things like ghee, butter, ice cream and curd from milk.

### **Did You Know ?**

The average cow produces 90 glasses of milk a day.



*Ghee*



*Butter*



*Ice cream*



*Curd*

### **WATER**

We must drink plenty of water. It helps us in many ways :

- It helps to digest our food.
- It helps in blood-circulation.
- It throws out our body wastes.

Water should be filtered or boiled before drinking.



*A Child Drinking Water*

## HEALTHY FOOD

Food, that makes our body strong and healthy is called **Healthy Food**. Fresh vegetables, fruits, pulses and cereals are healthy food. Fresh meat, eggs and milk are also very good for health. These foods have high nutritional value which keeps us healthy.



*Healthy Food*

## EATING TIME

We must have our meals at fixed times. We eat three meals in a day. The morning meal is called **Breakfast**. We should always have a glass of milk with our breakfast.

We take **lunch** in the afternoon.

We take **dinner** at night. Dinner should be light.



*Breakfast*



*Lunch*



*Dinner*

## GOOD EATING HABITS

- Wash your hands before and after eating food.
- Do not eat too much food.
- Avoid junk foods like chips, noodles, burgers, patties, pastries, soft drinks, etc.

- Do not eat uncovered food.
- Never eat in a hurry. Chew your food properly.
- Eat clean and healthy food.

### Know the Keywords :

Healthy food	: Food that makes our body strong and healthy.
Nutrition	: A source of materials to nourish the body.
Nourishing	: Providing nourishment.
Fuel	: It is anything that produces energy.

### Point to Remember

- We need food to live.
- Food helps us to grow.
- Food helps us to become strong.
- We should not overeat.
- We should not eat dirty and unhealthy food.

## EXERCISE TIME

### A. Multiple choice questions (MCQs).

Tick (✓) the correct option :

- \_\_\_\_\_ act as a fuel for the body.
 

a. Petrol	<input type="radio"/>	b. Food	<input type="radio"/>	c. Electricity	<input type="radio"/>
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- \_\_\_\_\_ is a complete food.
 

a. Fruit	<input type="radio"/>	b. Milk	<input type="radio"/>	c. Vegetables	<input type="radio"/>
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- We must drink plenty of \_\_\_\_\_.
 

a. milk	<input type="radio"/>	b. cold-drinks	<input type="radio"/>	c. water	<input type="radio"/>
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- We eat \_\_\_\_\_ meals in a day.
 

a. three	<input type="radio"/>	b. two	<input type="radio"/>	c. four	<input type="radio"/>
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**B. Fill in the blanks :**

1. We \_\_\_\_\_ overeat. (should/should not)
2. Eating healthy food helps us to \_\_\_\_\_. (grow/sleep)
3. We should avoid \_\_\_\_\_ for good health. (junk foods/vegetables)
4. We get meat, milk and eggs from \_\_\_\_\_. (plants/animals)

**C. Match the following :**

**Column A**

1. Pomegranate
2. Butter
3. Cauliflower
4. Noodles

**Column B**

- a. Junk food
- b. Vegetable
- c. Milk product
- d. Fruit

**D. Give two examples of each :**

1. Fruits \_\_\_\_\_
2. Vegetables \_\_\_\_\_
3. Milk products \_\_\_\_\_
4. Junk foods \_\_\_\_\_

**E. Answer the following questions :**

1. Why do we need food?  
\_\_\_\_\_
2. Name any three things that we get from plants.  
\_\_\_\_\_
3. Name any three things that we get from animals.  
\_\_\_\_\_
4. What is a healthy food?  
\_\_\_\_\_

5. Write any four good eating habits.

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## Activity Time



- List food items that you have eaten in different meals during these days :

### Saturday

Breakfast : \_\_\_\_\_

Lunch : \_\_\_\_\_

Dinner : \_\_\_\_\_

### Sunday

Breakfast : \_\_\_\_\_

Lunch : \_\_\_\_\_

Dinner : \_\_\_\_\_



## Creative Work

- Tick (✓) the healthy food and cross (✗) the junk food :

