

# Our Food

# 7



All living things need food. It gives us energy to work and play. It helps us to grow healthy and strong. It protects us from diseases.

## TYPES OF FOOD

Food are of different kinds. Different kinds of food help us in different ways.

### Body-building Food

Milk, cheese, fish, eggs, pulses and meat help in building our body muscles. They are called **Body-building foods**. They also make our bones and teeth strong.



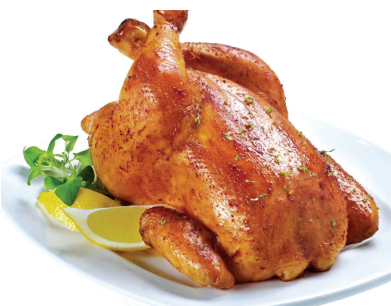
*Milk*



*Eggs*



*Pulses*



*Chicken*



*Peas*



*Fish*

## Energy-giving Food

Some foods like potato, rice, bread and sugar help us to work and play. They give us energy. They are called **Energy-giving foods**. They also help our body to stay warm.



*Potato*



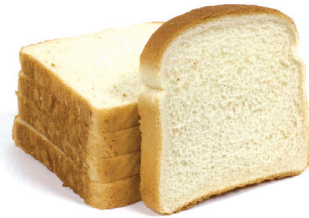
*Butter*



*Rice*



*Sugar*



*Bread*



*Oil*

## Protective Food

Some foods like fruits, vegetables and nuts help us fight diseases. They keep us healthy and strong.



*Fruits*



*Nuts*



*Vegetables*

## Balanced Diet

A balanced diet is a diet which contains all types of food in proper amount.

## SOME GOOD EATING HABITS

It is a good habit to have your meals at proper time.



*Breakfast*



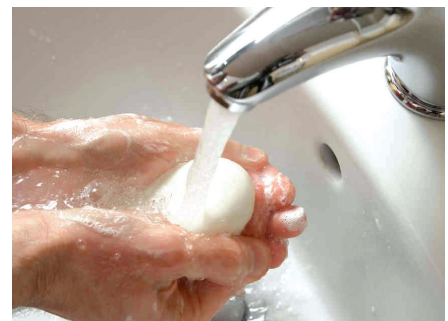
*Lunch*



*Dinner*

Here are some good food habits which will help you stay healthy.

- Eat your meals at a fixed time. There should be proper intervals between the meals.
- Wash your hands with soap and water before eating.



*Washing hands*



*Food vendors*

- Eat slowly and chew your food well.
- Do not eat uncovered food sold by street vendors. They contain dirt and germs.

- Eat your food at a clean place and use clean dishes, spoons and glasses.
- Drink at least four glasses of water everyday.



*Drinking water*



*Covered food*

- Always keep the food covered to keep away flies and dust.

- Always wash fruits and vegetables before eating.



*Washing fruits*



*Burgers*

- Do not overeat. It can make you ill.
- Do not eat junk food like chips, pizzas and burgers too often. Junk food is tasty but unhealthy.

## Test your Self

- Take this test. Give yourself one point for every yes :

- |                                          |         |
|------------------------------------------|---------|
| 1. Do you drink milk everyday?           | Yes/No. |
| 2. Do you eat all fruits and vegetables? | Yes/No  |
| 3. Do you rinse your mouth after eating? | Yes/No  |
| 4. Do you chew your food properly?       | Yes/No  |

Write your score here

You are a Super kid if you score more than two points.



### Know the Keywords :

Protective : A thing that helps in keeping safe.

Illness : Having health trouble.

Balanced diet : A diet that includes food which provides energy, fights diseases and help us to grow.

## Point to Remember

- Food gives us energy to work and play.
- Some foods like milk, eggs and pulses help our body to grow.
- Some foods like rice, potato and bread give us energy.
- Some foods like fruits, vegetables and nuts keep us healthy.
- We should eat a balanced diet.
- We should always eat fresh and clean food.
- We should develop good food habits.

## EXERCISE TIME

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

Tick (✓) the correct option :

1. \_\_\_\_\_ makes our bones and teeth strong.  
a. Bread  b. Milk  c. Nuts
2. \_\_\_\_\_ help us fight diseases.  
a. Energy giving food  b. Body-building food   
c. Protective food
3. We should eat \_\_\_\_\_ food.  
a. stale  b. fresh  c. uncovered
4. We should eat our food \_\_\_\_\_.  
a. slowly  b. quickly  c. lately

### B. Fill in the blanks :

1. Food gives us \_\_\_\_\_ to work and play. (trick/energy)
2. A proper meal with food from every group is called a \_\_\_\_\_ diet. (balanced/complete)
3. Fruits and vegetables help us fight \_\_\_\_\_. (diseases/friends)
4. Always \_\_\_\_\_ fruits before eating. (wash/cut)

**C. Answer the following questions :**

1. Why do we need food?

\_\_\_\_\_

2. What are the three groups in which we can divide our food?

\_\_\_\_\_

3. Name only three energy-giving foods.

\_\_\_\_\_

4. What are body-building foods?

\_\_\_\_\_

5. Write any four good eating habits.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Activity Time**



- Draw/paste pictures of different foods in the boxes below :

Food that helps us to grow	Food that gives us energy	Food that protects us from diseases
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____