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Healthy Food



Warm Up



Enquire from the children about the food they eat at home and the food they bring to school for their lunch.

Read and Enjoy



The teacher smiles as she watches three children talk to one another in the lunch break.

Rakesh : Priya, I have got *poha*, carrots, **boiled** beans and cherries for lunch today. What have you got?

Priya : I have got **tasty** and **big** *paranths* for lunch. There is also **green** salad in my lunch box. Please have some.

Rakesh : Try my food too. Take it.

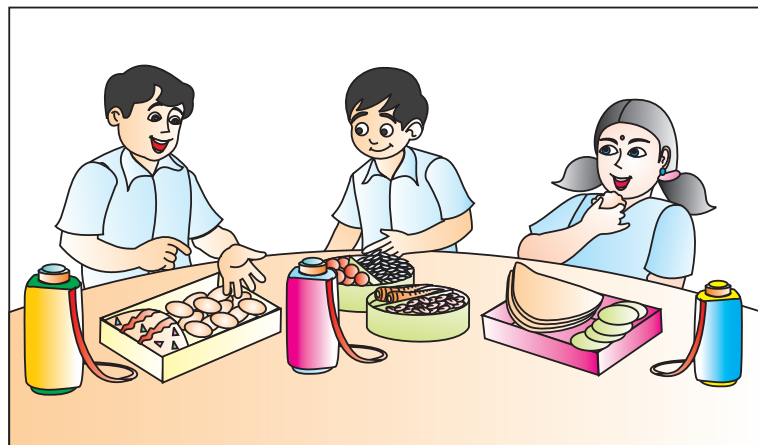
Priya : Yes, thank you very much.

(Rakesh and Priya share the food. They see Teja eats his lunch.)

Teja : See, I have potato chips and a **small** pizza in my lunch box. Please have some.

Priya and Rakesh : No, thanks. We have to finish our lunch, too.

Rakesh : Teja, we must eat healthy food. Fruits and vegetables are good for health.



Teja : My mother also wants me to eat fruits and vegetables. But I do not eat what she wants me to. I like chips and pizzas. Now, I will also eat food that is good for health.

Priya: Our teacher also tells us so. Please remember that, Teja.

Teja : (*nods his head*) You are right.

(The teacher smiles. She feels happy that the children remember the lesson taught about food well.)

Note to the Teacher



All the words given in colour are describing words.

Read and Understand



A. Tick (✓) the correct answer.

1. Rakesh and Priya are

- (a) brother and sister (b) classmates
(c) cousins (d) neighbours

2. Teja says his mother wants him to eat

- (a) pizzas (b) potato chips
(c) burgers (d) fruits and vegetables

3. The teacher told the children to eat food that is

- (a) only good to taste (b) good to look at
(c) good for health (d) easy to carry in a lunch box

B. Answer the following questions.

1. Name one thing that Rakesh has in his lunch box.

Ans. _____

2. Who likes to eat potato chips and pizzas?

Ans. _____

3. Name two types of healthy food.

Ans. _____

4. What did the teacher say to the children?

Ans. _____

Fun with Grammar



Describing Words

Words that tell us more about a noun (the naming word) are called describing words. The describing words are called adjectives. They are often used before naming words (Nouns). Sometimes they are also used at the end of a sentence.

Examples :

1. Children like **tasty** food.

They like to eat it.

2. My father is an **electronic** engineer.

He works **hard**.

3. I have a **blue** umbrella.

I use it when it rains.

4. I like to eat mangoes.

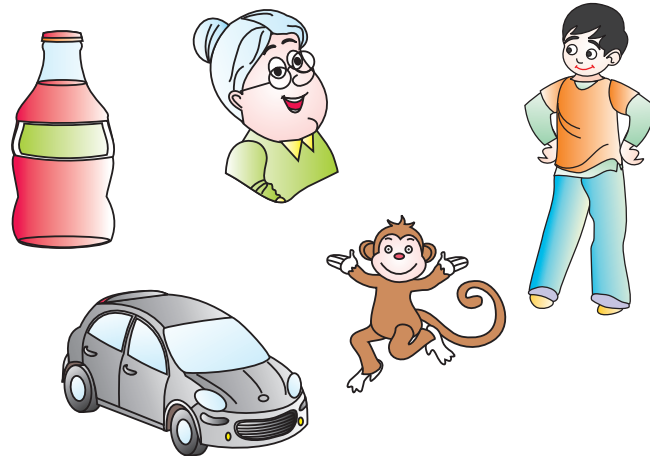
Mangoes are **sweet**.



All the coloured words in the examples are describing words. Read them aloud.

A. Look at the pictures and underline the words that describe the naming words.

1. The old woman is my aunt.
2. Kapil is a tall boy.
3. This is a big bottle.
4. The monkey has a long tail.
5. We have a black car.



B. Circle the describing words (Adjectives) in the following passage.

I went to Manju's house to attend her birthday party. Manju's house is big and has a beautiful garden. Manju wore a pretty dress. It was long and had bright flowers on it. I gave her a colour box as a gift. Manju is kind and affectionate to all. The funny clown at the



party made us laugh. We gathered around the huge cake and sang 'Happy Birthday' for her. She blew out the small candles. We ate delicious food and the yummy cake. We enjoyed a lot. We recited poems and shared many jokes. The party was a real fun. What a lovely party!

VOCABULARY

Word Power

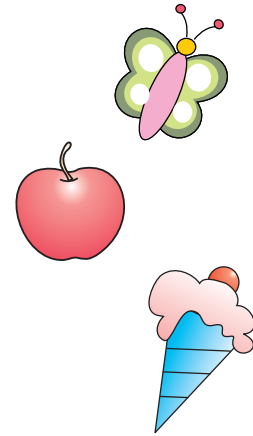
A. Match correct words to form pairs. One has been done for you.

Column A

1. bright
2. colourful
3. cold
4. sweet
5. new
6. red

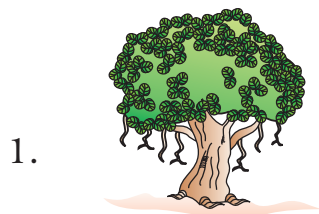
Column B

- (a) butterfly
- (b) honey
- (c) cellphone
- (d) apple
- (e) sun
- (f) ice cream



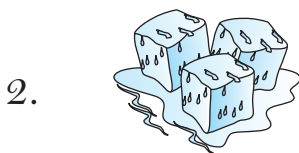
B. Find the opposites of the following words from the box. Write them in the correct boxes.

Hot Fat Small



Big

×



Cold

×



Thin

×



LET'S READ

Read the following passage :

We should eat fruits and vegetables everyday. They keep us healthy. They make us strong. Most fruits like apples, oranges, bananas and grapes taste good. Most vegetables like carrots, beans, potatoes and tomatoes are good for health. If we eat lots of fruits and vegetables, we will not fall sick very often.

Now answer these questions.

1. What should we eat every day?
2. Why should we eat fruits and vegetables? Give one reason.
3. Name any two fruits.
4. Name any two vegetables.
5. What should we do in order not to fall sick?

LET'S PRACTISE

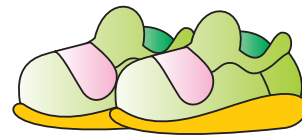
Follow your teacher while he/she is saying and pronounce the words correctly.

|ʊ|

1. look
2. put
3. foot
4. cook
5. should

|u:|

1. food
2. doo
3. shooe
4. shooot
5. toouth



Note to the Teacher



The phonetic symbols for the above sounds |ʊ| and |u:| are meant for the guidance of the teacher only. They are not supposed to be taught to the students.

LET'S CONVERSE

Read the following conversation and enact it out with your partner in the class.

Sandeep : Mini, what have you got for lunch today ?

Mini : As usual, only vegetable sandwiches.

Sandeep : How many sandwiches did you bring ?

Mini : Why do you ask this ? Anyway, why don't you join me ?

Sandeep : Thank you very much. Sorry, my mom could not prepare anything for me this morning due to high fever.

Mini : No problem. You can share these sandwiches with me.

Sandeep : Thanks a lot!

Mini : You are welcome!

RHYME TIME

Recite the following poem in groups.

Strawberry

I am a little strawberry, red and sweet.

When I am ripe, you are ready to eat.

Strawberry in a milk shake.

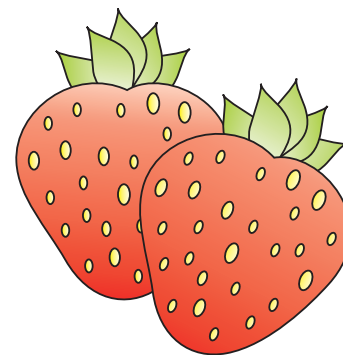
Strawberry in a cake.

Strawberry in an ice cream.

Strawberry in everything.

Umm ...

What a yummy taste!



Spot out the rhyming words.

Note to the Teacher



The teacher reads aloud and the children listen to it. Thereafter, the teacher recites the rhyme, followed by the children.

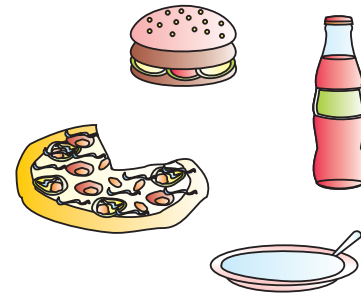
WRITING SKILLS

A. Copy the following sentences in your note book.

1. What have you got for lunch?
2. I have got tasty food for lunch.
3. Would you like to taste it?
4. Yes, thank you! or No, thanks!

B. Look at the pictures and complete the sentences.

1. This is junk f_____.
2. We should n_____ eat too much
j_____ food.



HOME WORK

Learn the following sentences and expressions.

1. What have you brought for lunch?
I have brought *Idli/Upma/Dosa*
2. Would you like to taste this?
Yes, thank you very much! or No, thanks!

Note to the Parents



Parents are requested to help their children in doing their home work. They are also requested to ensure that they have learnt the above sentences well and can use them in different situations of life correctly and confidently.

PROJECT WORK

Write down at least ten describing words (Adjectives) along with appropriate naming words (Nouns) and display them on your class display board. Use pictures with describing words wherever possible.

VALUE CORNER / LIFE SKILLS

Only healthy food is good for our health.

Junk food is bad for our health.