



CLICK HERE TO ACTIVATE

LESSON
PART 2



LESSON - 2

OUR FOOD

BEFORE WE PROCEED:

- ◆ Do you go out to play ?
- ◆ Do you eat good food ?
- ◆ Do you sleep well ?

LET US LEARN ABOUT FOOD AND FOOD HABITS

We eat food everyday. Food helps to keep us alive. Food gives us energy to do various things.

It helps our body to grow and fight diseases.

We eat different kinds of food.

We get food from plants and animals.

FOOD FROM PLANTS

We get grains, dals, oils, fruits and vegetables from plants.

Name the following fruits:



SAY ALOUD :

- ◆ everyday
- ◆ grains
- ◆ fixed
- ◆ healthy
- ◆ rinse



DO YOU KNOW ?

We should eat fresh home-made food. It is tasty as well as healthy. Junk food and cool drinks are not good for health. Too many sweets, toffees can spoil our teeth.

Clue Box

- ◆ Grapes
- ◆ Mango
- ◆ Banana



Name the following vegetables:



Clue Box

- ◆ Lady's finger
- ◆ Brinjal
- ◆ Cauliflower

We also get food grains from plants like wheat, rice, maize, etc. Grains are actually the seeds of plants.



• WHEAT



• RICE



• MAIZE

DO YOU KNOW?

Milk is a complete food for babies. We should also drink at least two glasses of milk daily.

FOOD FROM ANIMALS

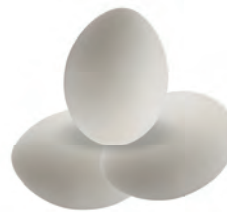
We make butter, cheese, ice-cream, etc. from milk. We get flesh, milk and eggs from animals.



▲ FLESH



▲ MILK



▲ EGGS



▲ CHEESE

EATING TIME

We should adopt good eating habits. We must have our food at fixed times. We eat three meals in a day - Breakfast, Lunch and Dinner (supper). We should eat our meals at the right time. It keeps us strong and healthy.



▲ BREAKFAST



▲ LUNCH



▲ DINNER

GOOD FOOD HABITS

Always follow good food habits :

- Wash your hands before and after every meal.
- Rinse your mouth after every meal.
- Drink milk daily. It is best for children and good for people at all ages.
- Eat some raw food like fruits and salads everyday.
- Wash vegetables and fruits before eating them.
- Eat fresh and home-made food only.
- Do not eat too much. It makes you fat and lazy.
- Eat slowly and chew the food well.
- Do not waste food.
- Do not talk while eating.
- Eat different kinds of food to keep your body healthy.
- Do not eat fast food.
- Eating fast food regularly is bad for your health.
- Eat food containing fibre.



KEY IDEAS

- ◆ Food helps to keep us alive.
- ◆ Food gives us energy to do various things.
- ◆ Food helps our body to grow and helps us to fight diseases.
- ◆ We should adopt good eating habits.
- ◆ We should eat fresh home-made food. It is tasty as well as healthy.
- ◆ Eat different kinds of food to keep you healthy.



LET'S WRITE TOGETHER



A. Answer these questions:

1. Name four things that you must eat to keep fit.

.....

2. Write three good eating habits.

a.

b.

c.

3. Name any two milk products.

.....

4. From where do we get most of our food ?

.....

B. Complete the sentences with the help of the words given below :

meals - play - plants - milk

1. We get fruits and vegetables from

2. Food gives us energy to work and

3. We eat three a day.

4. We make cheese from



C. Match the following. One has been done for you.



is a healthy drink.

is food from animals.

is not good for health.

is a foodgrain.

LET US DO

Draw a picture of the fruit you like the most and also write five sentences about it :



.....

.....

.....

.....

.....



List down the food items that you want in your lunch box on the following days :

1. Monday :
2. Tuesday :
3. Wednesday :
4. Thursday :
5. Friday :
6. Saturday :

GLOSSARY

- ★ **Energy** : the ability to be very active or do a lot of work without getting tired
- ★ **Grains** : seeds of food plants
- ★ **Healthy** : having good health
- ★ **Rinse** : to wash with only clean water
- ★ **Spoil** : to change good into bad
- ★ **Disease** : an illness

