



CLICK HERE TO ACTIVATE

LESSON
PART 1





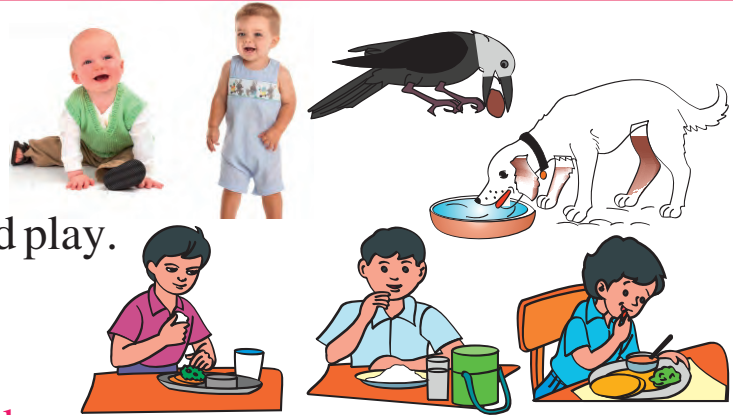
In this lesson, we shall learn about :

- ▣ Need for food
- ▣ Different types of food
- ▣ Things to remember when we have food

▣ *New Words*

energy, cereals, vegetarians, non-vegetarians

- ▣ We all **need** food.
- ▣ We **cannot live** without food.
- ▣ Food helps us to **grow**.
- ▣ Food gives us **energy** to work and play.
- ▣ Food makes us **strong**.
- ▣ Food is our **basic need**.
- ▣ Animals and birds also need **food**.
- ▣ We eat food at different times of a day. In the morning, we have **breakfast**. In the afternoon, we have **lunch**. At night, we have **supper**.



▣ *Activity*

What is the food we have in the evening called ?

We eat different types of food. We eat chapatis, rice, cereals, pulses, vegetables, curd, fruits, etc. Food also includes juice, soup and milk. Milk is called a wholesome food. Milk is good for health. Milk keeps us healthy.



Activity Can you tell, who drinks only milk ?

Meat, eggs and fish are also food. Some people like to have them. People who eat meat, eggs and fish are called **non-vegetarians**. People who do not eat meat, fish and eggs are called **vegetarians**.



We eat cooked food. Some foods are eaten raw. Fruits, some vegetables like tomato, radish, carrot, cucumber, etc are eaten raw.



Activity Write four cooked foods you eat .




1. _____ 2. _____ 3. _____ 4. _____

Remember



Before eating raw vegetables or fruits, we should wash them properly. Always eat fresh food. Wash your hands before taking food. Stale and dirty food can make us ill.

Some Facts :

-  ◆ Toffees, chocolates, pizzas, cool drinks, etc are called **junk foods**.
-  ◆ We should not have them much. They are not good for health.
-  ◆ We should take plenty of water .



□ THINGS TO REMEMBER

1. We all need food.
2. Food gives us energy.
3. We eat food at different times.
4. Some foods are eaten cooked and some are eaten raw.
5. We should always eat fresh food.
6. Stale and dirty food can make us ill.



EXERCISE

A. Write True or False:

1. Milk is called a wholesome food. _____
2. Food makes us strong. _____
3. Vegetarians eat fish. _____
4. We should eat stale food. _____
5. Salad is eaten raw. _____

B. Fill in the blanks with appropriate words:

1. Food is our _____ need.
2. Food gives us _____ to work and play.
3. _____ foods are not good for health.
4. We should always eat _____ food.
5. We should take plenty of _____ .

C. Match the following:



-
-
-
-
-

- Non-vegetarian
- Junk food
- Breakfast
- Eaten raw
- Wholesome food



D. Name the food items you eat in the:

1. Breakfast (a) _____ (b) _____ (c) _____
2. Lunch (a) _____ (b) _____ (c) _____
3. Supper (a) _____ (b) _____ (c) _____

E. Write three names for each of the following :

1. Food items which are eaten raw :
(a) _____ (b) _____ (c) _____
2. Food items which are eaten cooked :
(a) _____ (b) _____ (c) _____
3. Food items which are eaten raw as well as cooked :
(a) _____ (b) _____ (c) _____
4. Food items which only non-vegetarians eat :
(a) _____ (b) _____ (c) _____
5. Food items which vegetarians eat :
(a) _____ (b) _____ (c) _____

F. Answer the following questions:

1. Why do we need food ?

2. What is called a wholesome food ?

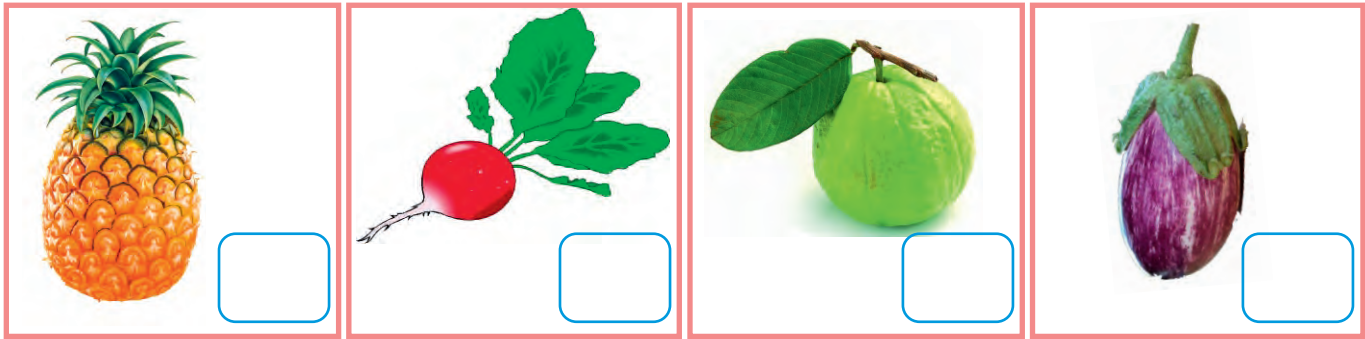
3. Which food can make us ill ?

4. Who are vegetarians ?

5. What do you mean by 'non-vegetarians' ?

Project / Activity

G. Write 'V' for vegetable and 'F' for fruit in the box given below :



H. Colour the pictures :

I am a mango.
I am a fruit.
Colour me brightly.



I am a cabbage.
I am a vegetable.
Colour me carefully.

