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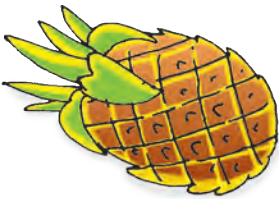
**LESSON**  
PART 2



## Our Food

Before we proceed

Name these fruits.



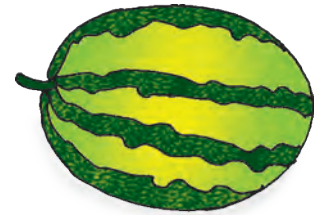
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### Different Kinds of Food

We eat different kinds of food to stay healthy and fit. Food gives us energy to work and play and helps us to grow. Food protects us from diseases.

There are three kinds of food.



Energy-giving food



Body-building food



Protective food

Foods like potato, rice, sugar, bread, biscuits, butter, ghee and milk give us energy to work and play.

Foods like fish, meat, eggs, beans, milk and pulses give us strength and help our body to grow.

Vegetables and fruits protect our body from diseases.

#### FACTUM

*Milk is very important for growing children. It helps to build strong bones.*

#### Teacher's Tip

Write down names of different food items on the blackboard. Let children say what they call these in their mother tongue.

## Balanced Diet

We need to include all kinds of food in our diet. This makes a balanced diet. Milk contains all kinds of food. So drink milk everyday.

We must include water in our diet. We drink water when we feel thirsty. It helps us to digest food.



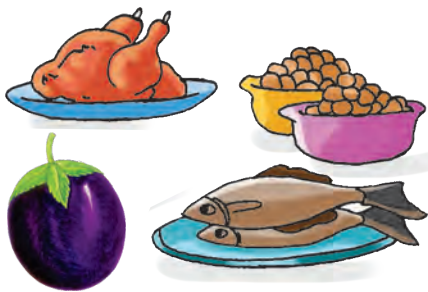
### FACTUM

*Foods like pizzas, burgers, samosas, sweets, chips and cold drinks taste good but are not good for our health. That is why they are known as junk food.*

## Cooked and Uncooked Food

Some food items are eaten cooked and some raw. We need to cook cereals, pulses, meat and most vegetables. Cooking makes the food soft, tender and tasty. It is easier to digest cooked food.

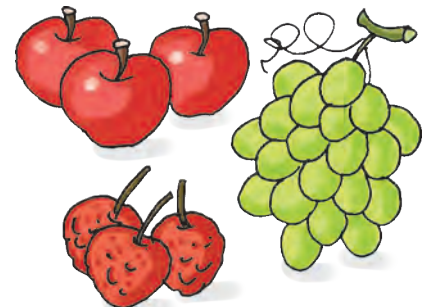
Foods like all fruits and some vegetables can be eaten raw.



Needed to be cooked



Eaten raw or cooked



Eaten raw

Salad is an important part of our diet. Name any five things that would like to include in your plate of salad.

1. ....
2. ....
3. ....
4. ....
5. ....

## Vegetarian and Non-vegetarian Food

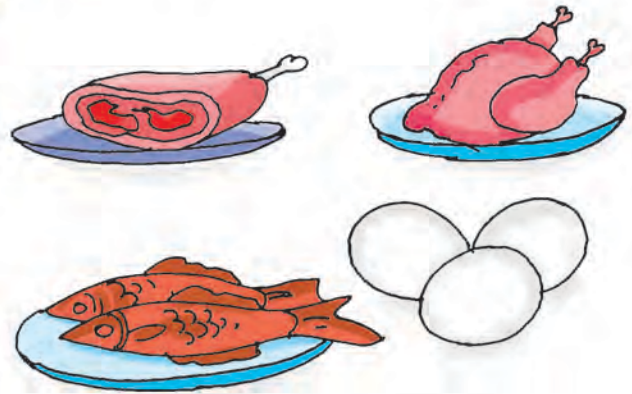
We eat variety of food.

Some people eat vegetables, fruits, animal products like milk, cheese, butter and honey. They do not eat eggs, fish or meat. Such food is called *vegetarian food*.

Some people like to eat meat, fish and eggs along with vegetarian food. Such food is called *non-vegetarian food*.



Vegetarian food



Non-vegetarian food

### FACTUM

There are some people who do not eat any food that comes from animals. They do not include even milk, paneer and honey in their meals. These people are called *vegans*. They eat food that comes from plants only.



## Three Meals in a Day

We usually have three meals in a day. Name the meals in the pictures.





## Good Food Habits

We must have good food habits. They make us healthy and good-mannered children.

Tick (✓) the rules that you follow at home.

1. Wash hands before and after meals.
2. Do not spill food and water.
3. Do not waste food. Take only as much as you can finish.
4. Eat slowly. Chew your food well.
5. Do not talk while having your meal.
6. Eat meals at a fixed time.
7. Drink only boiled or filtered water.
8. Share food with everyone at the table.

## I now know ...

- ◆ Food gives us energy and helps us in our growth.
- ◆ Food protects us from diseases.
- ◆ According to their food habits, people are called vegetarians or non-vegetarians.
- ◆ We eat breakfast in the morning, lunch in the afternoon and dinner at night.
- ◆ Some food items are cooked and some are eaten raw.
- ◆ Good food habits help us stay healthy.

## Think And Answer

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### A. Tick (✓) the correct option.

1. Which of these foods gives us energy ?

(a) eggs

(b) sugar

(c) fruits

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2. Which of these foods is eaten as raw ?  
 (a) carrot  (b) potato  (c) brinjal
  3. People who eat only plant food and do not eat honey, milk products, eggs and meat are called  
 (a) Vegetarians  (b) Non-vegetarians  (c) Vegans
  4. While eating, we should not  
 (a) talk  (b) read a book  (c) both (a) and (b)
  5. Which of these is a junk food ?  
 (a) Chips  (b) Chapati  (c) Rice

**B. Fill in the blanks.**

1. We eat different kinds of food to stay ..... and .....
2. Vegetables and fruits protect our body from .....
3. We must include ..... in our diet.
4. It is easier to ..... cooked food.
5. Eat ..... at a fixed time.

**C. Write T for true and F for false statements.**

1. Food gives us energy to work and play.
2. Pulses form body-building food.
3. We should drink only boiled or filtered water.
4. We should chew our food well.
5. Vegetarian people eat plant products along with fish, meat and eggs.

**D. Answer the following questions.**

1. What are the three different kinds of food ?  
 .....  
 .....
2. What is balanced diet ?  
 .....  
 .....



3. Why do we cook food ?

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4. What is the difference between the vegetarian and non-vegetarian food ?

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5. List any three good food habits.

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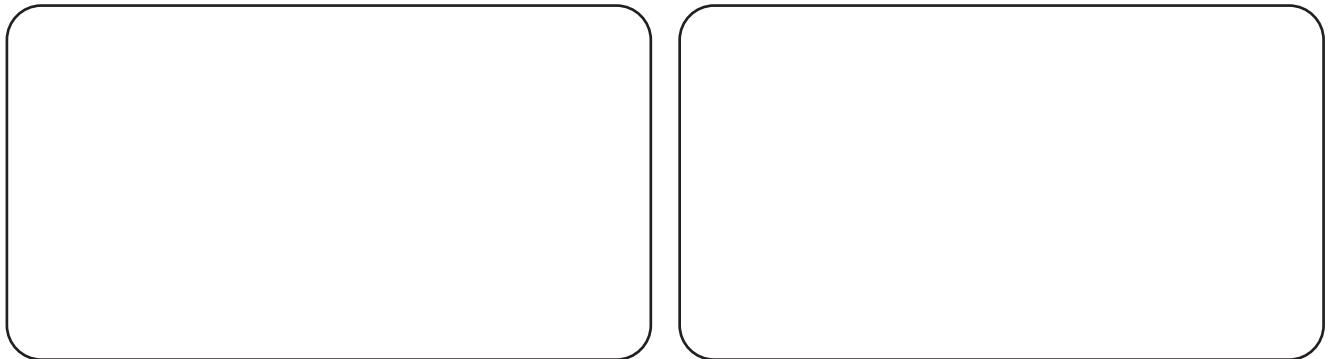
## Think And Do

Find any 10 food-items (snack, fruit, vegetable, dish, etc.) in this word search.

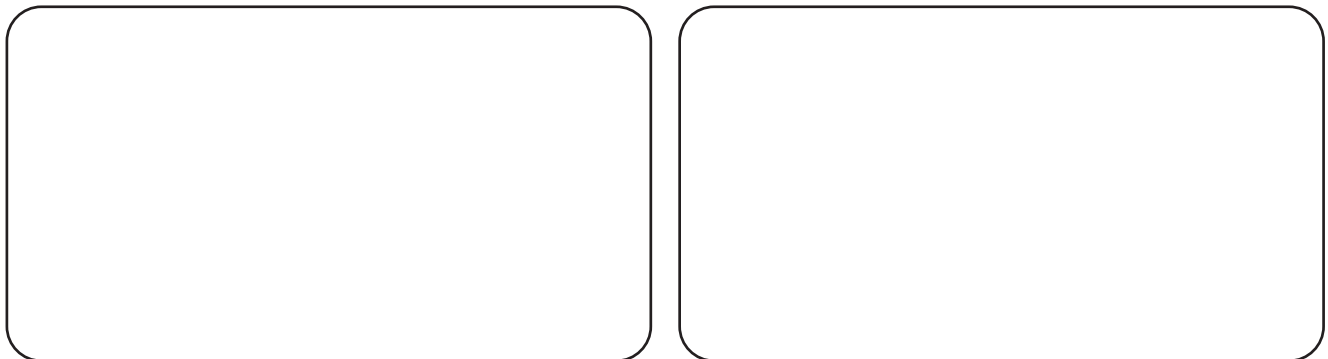
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O	S	O	O	A	S	O	A	Q	U	N	L
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Z	C	A	R	R	O	T	S	T	L	V	S
Z	P	P	G	K	K	O	U	A	Y	S	T
A	O	L	E	N	T	S	G	P	T	K	N
S	N	O	R	G	L	U	M	A	N	G	O
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U	T	N	T	T	O	E	R	O	V	Y	U
L	K	G	U	L	S	L	U	G	N	T	R
S	A	M	B	H	A	R	V	T	Y	O	T

# PROJECT/ACTIVITY

**A. Draw and colour 2 fruits and 2 vegetables you like to eat.**



Fruits



Vegetables

**B. Write down some food items that you would like to have for breakfast, lunch and dinner.**

**Breakfast**

**Lunch**

**Dinner**

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**C. Learn to make lemonade. For this take the following steps.**

1. Take a glass of water.
2. Mix the juice of one lemon in water.
3. Add the spoonful of sugar in the glass.
4. Add a pinch of salt and black pepper in the glass.
5. Stir it to make the mixture and serve it to your mother.

