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**LESSON**  
PART 1 



### In this lesson, we shall learn about :

- Need for food
- Kinds of food
- Sources of food
- Good eating habits

### □ *New Words*

carbohydrates, proteins, vitamins, minerals, protective, digestible

- What do you eat when you feel hungry?  
We eat **food**. Food is our **basic need**.  
All **living beings** eat food to live.



- Why do we take food?

We need food to **grow**. It gives us **energy** to work and play. It makes us **healthy** and **strong**. It also protects us from **diseases**. We cannot live without food.

### □ *Activity*

Which food do you like most to have in your lunch-box ?

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**Kinds of food :** We eat different types of food. We don't like to have the same food daily. Different kinds of food help us in different ways.

**1. Energy-giving food:** Sugar, butter, bread, oil, rice, ghee, potatoes etc. give us energy. Sugar, bread, rice and potatoes contain **carbohydrates** in them. Butter, oil, ghee, contain **fats**. Fats and carbohydrates give us energy. So, they are called energy-giving food.

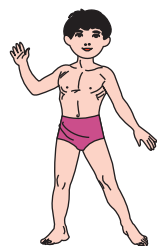


### Activity

Can you write names of any three nuts?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**2. Body-building food :** The food that makes our bones and muscles strong is called body-building food. It helps us to grow. Dal, egg, fish, cheese, pulses are body-building food. They contain **proteins**. Proteins help us to grow. They also give strength to our bones. Children should have these kinds of food daily because they keep on growing.



**Activity**

Why do babies drink more milk ?

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**Remember**

We should take our food well.

**3. Protective food :**

Protective food protects us from diseases. They have **vitamins** and **minerals** which keep us healthy. Fruits and vegetables are protective food. Milk contains all nutrients. So, it is called the wholesome food.



**Activity**

Which fruit do you like to eat most in summer season ?

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All types of food are important for us. We should have them daily. Food which have Carbohydrates, Proteins, Fats, Minerals and Vitamins make our diet a **balanced diet**. We should also drink a lot of clean **water** to stay healthy.





**Sources of food** : We get food from **plants** and **animals**.

**Food from plants** : Most of our food comes from plants. We get vegetables, fruits, pulses, grains and spices from plants.

**Food from animals** : We get milk, eggs and meat from animals.



**Activity**

Can you write names of three other food items, we get from plants?

- 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

We eat both cooked and raw food. Some kinds of food like rice, pulses, grains, vegetables need to be cooked. Some vegetables and fruits are eaten raw. Cooking makes our food **tasty**, **soft** and **digestible**. Apples and bananas are eaten raw.



*Breakfast*

*Lunch*

*Supper*



We eat meals three times a day. In the morning, we have **breakfast**. In the afternoon, we have **lunch** and at night, we have **supper**.

## Remember

Stale food is not good for health.

### Good eating habits :

We should have balanced diet.

Always wash your hands before and after eating your food.

Always eat fresh food. Open and stale food is bad for health.

Eat your food slowly and chew properly.

Eat fresh fruits and green vegetables daily.

Drink a glass of milk in the morning and evening.

Take your food at proper intervals.

Never miss your meal.



### THINGS TO REMEMBER

1. Food is our basic need.
2. All living beings need food to live.
3. We get food from plants and animals.
4. We eat food cooked and raw.
5. Cooking makes our food soft, tasty and digestible.
6. To stay healthy, we should follow good eating habits.



## EXERCISE

### A. Write 'True' or 'False' :

1. Food gives us energy. \_\_\_\_\_
2. Food is not our basic need. \_\_\_\_\_
3. Proteins help us to grow. \_\_\_\_\_
4. We eat food both cooked and raw. \_\_\_\_\_
5. We eat meals six times a day. \_\_\_\_\_

### B. Fill in the blanks :

1. We need food to \_\_\_\_\_
2. We eat food both \_\_\_\_\_ and \_\_\_\_\_
3. We should have a \_\_\_\_\_ diet.
4. Fruits and vegetables are \_\_\_\_\_ food.
5. Butter, oil and ghee contain \_\_\_\_\_

### C. Match the following :

- |           |   |   |                     |
|-----------|---|---|---------------------|
| 1. Sugar  | • | • | Protective food     |
| 2. Milk   | • | • | Body- building food |
| 3. Fruits | • | • | Fat                 |
| 4. Pulses | • | • | Carbohydrate        |
| 5. Butter | • | • | Wholesome food      |

### D. Write 'G' for good and 'B' for bad eating habits :

1. I eat a lot of green vegetables.
2. I can miss my meals.
3. I drink two glasses of milk daily.
4. I eat a fruit daily.
5. I eat chips, toffees and pizzas daily.



**E. Write two examples of each :**

- 1. Protective food : (a) \_\_\_\_\_ (b) \_\_\_\_\_
- 2. Energy- giving food : (a) \_\_\_\_\_ (b) \_\_\_\_\_
- 3. Body-building food : (a) \_\_\_\_\_ (b) \_\_\_\_\_
- 4. Food that can be eaten raw: (a) \_\_\_\_\_ (b) \_\_\_\_\_
- 5. Food that can be eaten cooked: (a) \_\_\_\_\_ (b) \_\_\_\_\_
- 6. Food that can be eaten raw or cooked : (a) \_\_\_\_\_ (b) \_\_\_\_\_

**F. Answer the following questions :**

- 1. Why do we need food ?  
\_\_\_\_\_
- 2. Where do we get food from ?  
\_\_\_\_\_
- 3. What is energy-giving food ?  
\_\_\_\_\_
- 4. What is protective food ?  
\_\_\_\_\_
- 5. What is a balanced diet ?  
\_\_\_\_\_

**Project /Activity**

**G. We get food from plants and animals. Recognize the sources of these foods. Write 'P' for plant and 'A' for animal sources :**

