



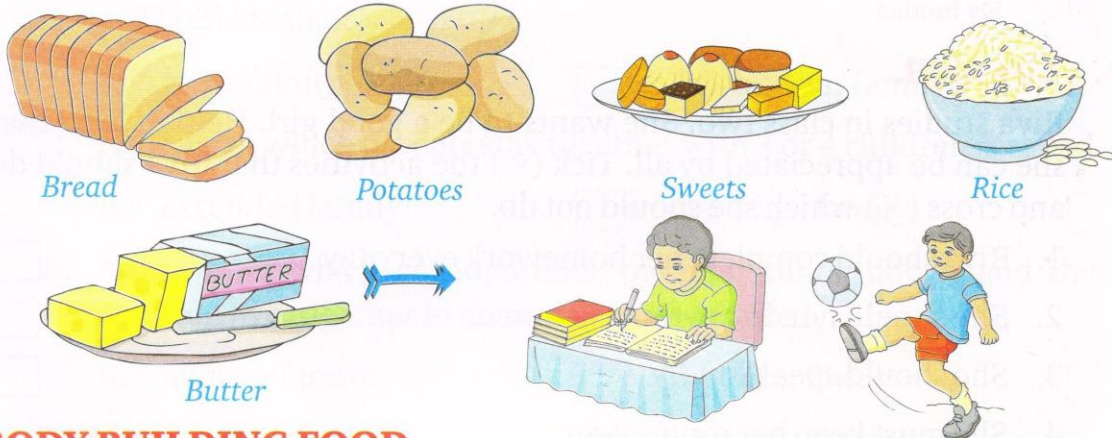
Food is one of the basic need of human beings. We need different kinds of food everyday. Food gives us energy and keeps us healthy and fit. Our body cannot grow without food.

TYPES OF FOOD

There are **three** main kinds of food.

ENERGY-GIVING FOOD

Foods like bread, sugar, potatoes, rice, butter and sweets give us energy. We use this energy to work and play.



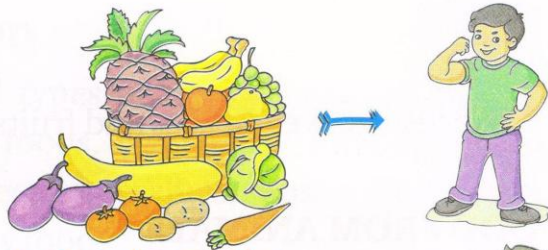
BODY-BUILDING FOOD

Food like dal, paneer, eggs, milk help us to grow and build muscles of our body.



PROTECTIVE FOOD

Food like fruits and vegetables are protective foods. They protect us from diseases and help us to stay healthy and strong.



Fruits and vegetables

We should also drink plenty of water to stay fit. Water helps to remove waste from the body.



ACTIVITY TIME

Draw three food items of each of the following category in the plates.



Energy-giving food



Body-building food



Protective food

FOOD FROM PLANTS

Plants are the main sources of food. We get foodgrains from the plants. Foodgrains include **cereals** and **pulses**. Wheat, rice, maize, jowar, bajra, etc., are cereals. Masoor, arhar, rajma, moong, urad, etc., are pulses.

CEREALS



Rice



Wheat



Jowar



Maize

PULSES



Masoor



Arhar



Moong



Rajma

We also get **vegetables** and **fruits** from plants.

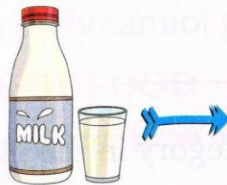


Fruits and vegetables

FOOD FROM ANIMALS

Animals also provide us food. They give us milk, meat and eggs.

Milk-giving animals



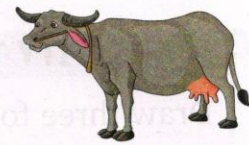
Milk



Cow

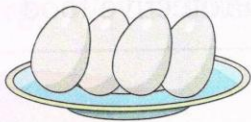


Goat



Buffalo

Egg-giving animals



Eggs



Hen



Duck

Meat-giving animals



Meat



Goat



Hen

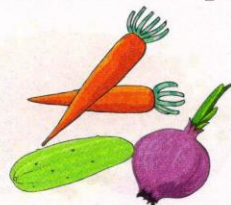


Fish

FOOD HABITS

People who eat meat, fish and eggs are called **non-vegetarians**. Those who eat fruits, vegetables, cereals and pulses are called **vegetarians**.

Some vegetables can be eaten raw, like carrot, cucumber, tomato, onion and radish, while eggs, meat, pulses and vegetables are cooked before eating.



Raw food



Cooked food

HEALTHY FOOD AND JUNK FOOD

Healthy Food : It contains all types of food. These are energy-giving, body-building and protective foods. The healthy food makes our body fit and strong. The food like green vegetables, pulses, fruits, milk, eggs, foodgrains, rice, etc., are healthy food.



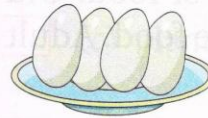
Milk



Rice



Vegetables

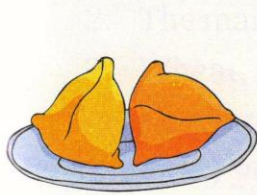


Eggs



Pulses

Junk Food : This type of food does not contain all the components of food. Junk food makes our body unhealthy. Eating junk food can spoil our teeth, stomach and skin. We may gain weight by eating too much junk food. It can also stop our growth and reduce our energy to fight against diseases.



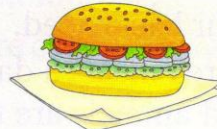
Samosas



Cold drink



Pizza



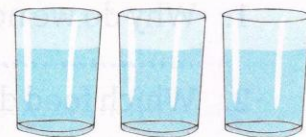
Burger



Chips

EATING TO STAY HEALTHY

1. You must eat a variety of food. It must be from each group, such as from cereals, pulses, vegetables, fruits, milk and milk products.
2. You should eat only fresh food. Stale food may have disease causing germs. It can make you sick.
3. Drinking a lot of water helps to clean your body from inside.



4. Wash your hands before eating anything dirty hands cause germs.
5. Stay quiet while eating and chew your food well.

FOOD AT DIFFERENT AGE GROUPS

Our food also varies according to our age. The small babies do not have teeth. So, they can only drink milk. When we grow, we need different types of food. Old people are also weak. They need light and easily digestible food. Adult people are strong so they can digest all kind of foods.

But, we should always eat healthy and fresh food.

VARIATIONS IN FOOD

Our country is very vast. Millions of people live here. They have different food habits too. For example, people of North India like to eat chapati, puri, rice, vegetables, dal in their food. Food of South India is idli, sambhar, dosa, upma, coconut chutney.



Points To Remember

- Food is our basic need.
- We eat three meals a day.
- Plants and animals are the sources of food.
- Energy-giving foods give us energy.
- Body-building foods help us to build our muscles.
- Protective foods keep us strong and healthy.
- Junk food make us unhealthy and weak.



TIME TO DO EXERCISE

A. Answer the following questions.

1. Why do we need food?
.....
2. Which food do we get from plants?
.....

3. Name any three food items we get from animals.

.....

B. Tick (✓) against the correct option.

1. Food makes us
(a) weak (b) strong (c) sick
2. We get fish, eggs and meat from
(a) animals (b) water (c) plants
3. We should not eat food.
(a) covered (b) uncovered (c) clean
4. Cereals and pulses are
(a) food-grains (b) meat (c) balanced diet

C. Fill in the blanks with the help of words given in the box.

cereals need vegetarians animals

1. Food is the basic of all living beings.
2. The main sources of food are plants and
3. Wheat, rice, maize and bajra are
4. People who do not eat meat and eggs are called

D. Tick (✓) your values.

1. On your birthday, you would like to
(a) organize a big party (b) distribute sweets to poor children
(c) buy many gift items (d) not to do anything
2. I prefer to eat plant food because
(a) I am kind to animals (b) Animal foods are costly

E. Write the name of three healthy and three junk food items.

Healthy Food

1.
2.
3.

Junk Food

1.
2.
3.



TIME TO ENJOY

A. Complete the table given below according to your favourite food for

	Food Items
Breakfast
Lunch
Dinner

B. Talk to your friends in the classroom about their food habits. Find out and write the number of

1. Vegetarians
2. Non-vegetarians

C. Life Skill.

Share your food. Tick (✓) that you do.

If someday, your friend forgets to bring tiffin in the school, do you



- tease him/her and eat your food.
- ask him/her to eat with you.
- eat your food while he/she watches you.



Teacher's Aid

You could discuss with students about the food they like to bring in their tiffins. Ask them to the food category it belongs to their health.