

Food – Our Basic Need



Let's Learn About

- Nutrients
- Balanced diet
- Cooking food
- Preservation of food
- Rest and exercise

All living things need food. Food helps us to grow and stay alive. It gives us energy to work and play. It makes us strong and protects us from diseases.

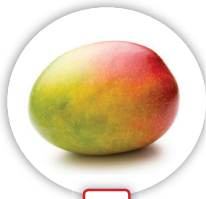


FOOD

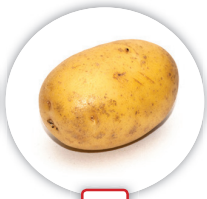


Activity Time

Some food items are shown below. Match them with their names. One has been done for you.



b



a. Milk

b. Mango

c. Bread

d. Coconut

e. Rice

f. Potato

Nutrients

The food that we eat contains substances that help our body to grow and stay healthy. These substances are known as **nutrients**. The nutrients present in food items are **carbohydrates**, **proteins**, **fats**, **vitamins** and **minerals**.

Carbohydrates

Carbohydrates give energy to our body. Food items like fruits, vegetables, bread, *idli*, sugar and cereals contain carbohydrates. Food items rich in carbohydrates are known as **energy-giving foods**. People who do a lot of physical work like labourers and farmers should consume food rich in carbohydrates.



FOOD ITEMS RICH IN CARBOHYDRATES

Proteins

Proteins help us to grow. They also build muscles and repair damaged parts of our body. Food items like milk, eggs, meat, fish, curd, cheese, nuts, beans and pulses contain proteins. Food items rich in proteins are known as **body-building foods**. Growing children need proteins as they are still growing.



FOOD ITEMS RICH IN PROTEINS

Fats

Fats give us more energy than carbohydrates. They also keep our body warm. Food items like oil, *ghee*, butter and nuts are rich in fats. Food items rich in fats are also known as **energy-giving foods**. Our body needs very little fat. Extra fat is stored in our body for future use.



FOOD ITEMS RICH IN FATS

Vitamins and Minerals

Vitamins and minerals help us to stay fit and healthy. They protect us from diseases. Food items like fruits, vegetables, milk, eggs and meat are rich in vitamins and minerals. Food items rich in vitamins and minerals are known as **Protective foods**.



FOOD ITEMS RICH IN VITAMINS AND MINERALS

Let's Know More



Milk is a complete food. It contains proteins, carbohydrates, fats, vitamins and minerals.

Our body needs vitamins and minerals in small amounts. Vitamin A, B, C and D are examples of vitamins. Vitamin A keeps our eyes and skin healthy. Papaya, carrot and leafy vegetables are rich in vitamin A. Vitamin D helps build strong bones and teeth. Milk and butter are rich in vitamin D.

Calcium, iodine, sodium and iron are examples of minerals. Calcium makes our bones and teeth strong. Food items like milk, cheese, curd, *paneer* and almonds are rich in calcium.

Iron helps in the formation of blood. Food items like green leafy vegetables, carrot, beetroot, apple and meat are rich in iron.

Water and Roughage

Water is essential for our body to stay healthy and function properly. Water also helps in the digestion of food. Therefore, we must drink 6-8 glasses of water every day. Roughage is the fibre present in our food. It cannot be digested by our body but it helps to remove undigested food from our body. It is important for the proper functioning of our digestive system. Whole grains, brown rice, salads, fruits and vegetables are rich in roughage.

Let's Know More



Three-fourths of our body weight is water.



Let's Recall

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

1. Food gives us energy to work and play.
2. Bread and *idli* are energy-giving foods.
3. Growing children need more fats as they are still growing.
4. Fats give less energy than carbohydrates.
5. Fruits and vegetables are rich in vitamins and minerals.

Balanced Diet

The food that we eat is called our **diet**. A diet that has all the nutrients in right amounts is called a **balanced diet**.

All the food we eat can be divided into three food groups.

- M** Energy-giving foods (Carbohydrates and fats)

M Body-building foods (Proteins)

M Protective foods (Vitamins and minerals)

We should eat variety of food items daily from each food group to stay healthy.

Cooking Food

Food is cooked to make it soft, easy to digest and tasty. Cooking kills the germs present in food and overcooking destroys nutrients. Fruits and vegetables that we cook and eat

raw should be washed properly. We use different methods for cooking food like steaming, frying, baking, boiling and roasting.

Different food items are cooked by different methods. *Idlis* are **steamed**. *Puris* are **fried**. Cakes and biscuits are **baked**. Rice is **boiled**. Meat is **roasted**.

Preservation of Food

When vegetables are kept for a long time and not stored properly, they get spoilt. Spoilt food items are bad for our health.

To prevent food items from getting spoilt, we need to preserve them.

Preservation of food is a method used to keep food items edible for a longer time. There are many ways of food preservation.

M **Refrigeration:** Food is kept in the refrigerator to preserve it for some days. For example, fruits, vegetables, milk and cooked food are kept in a refrigerator.



REFRIGERATION

M **Pickling:** Fruits and vegetables are preserved with salt and oil. For example, vegetables like carrot, raw mangoes and green chilli are preserved with salt and oil.



PICKLING



M *Drying:* Food is dried to preserve it for longer time. For example, grapes, vegetables and red chilli are dried. Drying of food items to preserve them for longer time is also called **dehydration**.

M *Canning and bottling:* Food items are sealed in cans and bottles to preserve them for longer time. For example, jams, squashes and sauces are preserved by canning and bottling.



DRYING



CANNING AND BOTTLING

Rest and Exercise

Rest and exercise are necessary for good health. We should sleep for 6-8 hours in a day. Exercise helps us to stay healthy. It makes our muscles strong. Playing outdoor games like cricket, badminton, football and handball makes our body fit.



REST



EXERCISE



Let's Memorise

Nutrients

Substances present in food that help our body to grow and stay healthy are called **nutrients**.

Balanced diet

A diet that has all the nutrients in right amounts is called a **balanced diet**.



Let's Revise

- T** All living things need food to grow and stay alive.
- T** Food that contains carbohydrates and fats is energy-giving food.
- T** Roughage is important for the proper functioning of our digestive system.
- T** Food can be cooked by steaming, frying, boiling, baking and roasting.
- T** Food items can be preserved by refrigeration, pickling, drying, canning and bottling.
- T** Rest and exercise are necessary to stay healthy.



Let's Answer



A. Tick (3) the correct answer.

- Which of the following is not a nutrient?
a. Protein b. Carbohydrate c. Wheat d. Vitamin
- What makes our bones and teeth strong?
a. Carbohydrate b. Protein c. Iron d. Calcium
- Which of the following gives energy?
a. Carbohydrates b. Proteins c. Roughage d. Minerals
- What helps to remove undigested food from our body?
a. Protein b. Vitamin c. Roughage d. Fat
- Preserving food with oil and salt is called
a. refrigerating b. pickling c. drying d. canning

B. Fill in the blanks with the correct words.

dehydration fibre muscles bad refrigerator

- Exercise makes our _____ strong.
- Drying of food items to preserve them for a long time is called _____.
- Food is kept in a _____ to preserve it for some days.
- Spoilt food items are _____ for our health.
- Roughage is the _____ present in our food.

C. Name the following.

- Two sources of carbohydrates.
- Two examples of minerals.

3. Two examples of vitamins.
4. A nutrient which gives more energy than carbohydrates.
5. Three food groups.

D. Answer the following questions.

1. Why do we need food?
2. What are nutrients?
3. What is a balanced diet?
4. Why should we include roughage in our diet?
5. Why are food items preserved? Name any two methods of food preservation.
6. Why are carbohydrates and proteins important for our body?
7. What is protective food? Give examples.
8. Why is food cooked? What are the different methods of cooking food?



Let's Do

- A. Search names of ten food items in the word grid below. Look across and down. One has been done for you.**

M	I	L	K	L	M	P	M
E	G	G	C	B	I	R	A
A	P	T	H	U	N	I	N
T	O	M	A	T	O	C	G
O	T	L	G	T	O	E	O
P	A	N	E	E	R	D	R
V	T	I	B	R	E	A	D
V	O	N	I	O	N	J	E

- B. Make a chart on nutrients and their sources. Display it on your class bulletin board.**

C. Circle the vegetables that you can eat raw.



Let's Think and Answer **HOTS**

1. Mani bought lots of vegetables that can be consumed in next 4 days from the market. How should he store them?
2. Who needs to take more carbohydrates – a rickshaw puller or a car driver? Why?



Let's Acquire

Value Based Question

What is the importance of milk products in our daily food?

- (a) Milk products give us less energy.
- (b) Milk products are necessary for growth.
- (c) Milk products help in sleeping well.
- (d) Milk products do not get spoilt.



Let's Enhance Our Life Skills

In our country, many festivals are celebrated. Some special dishes are prepared on the festivals. Write down names of two festivals and the special dishes prepared on them.

Festival

Dish

1. _____

2. _____
