



FOOD WE EAT

How do you feel when you return home from school?
 You feel hungry. We eat food when we feel hungry.
 Food gives us **energy** to work and play.
 Food helps us to **grow**.
 Food keeps us **healthy** and **strong**.

Looking Ahead

In this lesson :

- ★ Kinds of foods
- ★ Methods of cooking
- ★ Table manners



KINDS OF FOOD

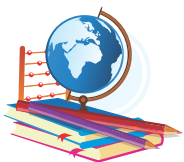
We eat different kinds of food

- Some foods such as chapati, rice, bread, sugar, potato, ghee and oil give us **energy**. They are called **energy-giving foods**.



Energy - giving food.

Teacher's Notes : Make chits with various food items. Take out one chit at a time. Let children sort out which of them can be eaten raw and which need to be cooked before eating.



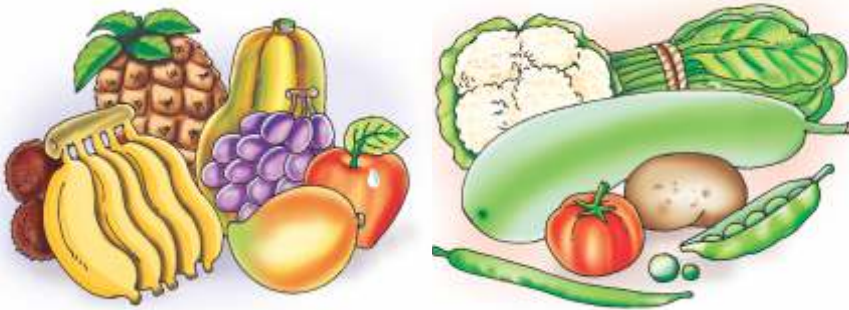
- Some foods such as dal (pulses), beans, peas, eggs, meat and fish help us to **grow**. They are **body-building foods**.

Children need a lot of body-building foods because they keep on growing all the time.



Body-building foods

- Some foods such as fruits and vegetables protect us from **diseases**. They are called **protective foods**. We should eat fresh fruits and vegetables.



Protective foods

Milk is a complete food. It makes our bones and teeth strong. We should drink milk everyday.

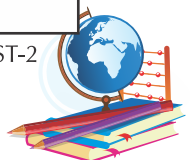
Water is also very important. We should drink six glasses of water everyday.



VEGETARIANS AND NON-VEGETARIANS

- People who do not eat eggs, fish and meat are called **vegetarians**.
- People who eat eggs, fish and meat are called **non-vegetarians**.

Write whether this boy is vegetarian or non-vegetarian.



MEAL TIME

We eat **three meals** a day.



We have **breakfast** in the morning.



We have **lunch** in the afternoon.



We have **dinner** at night.

SOURCES OF FOOD

We get all our food from two sources : **plants** and **animals**.

- Majority of our food comes from **plants**. We get foodgrain, pulses, fruits, vegetables and oil from plants.
- Some foods such as meat, milk, honey, fish and eggs come from **animals**.

COOKING

We eat all fruits and some vegetables without cooking them. But most of our food needs cooking. Cooking makes food soft and tasty. We also add **spices** to make food more tasty.

Some common methods of cooking are **boiling, baking, roasting, frying** and **steaming**.

Cooking makes food tasty and soft.



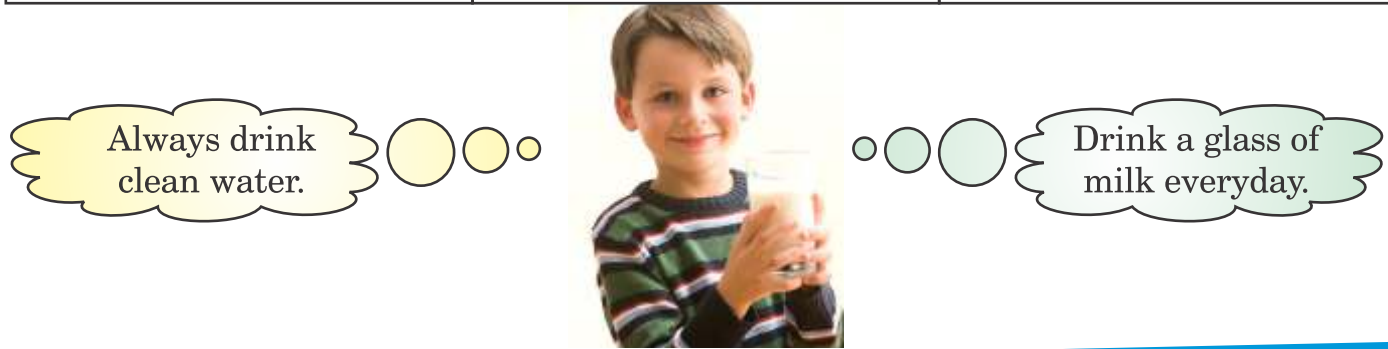
FAST FOODS

Children love to eat fast foods such as pizza, burgers, noodles and sandwiches. They are tasty and easy to cook. But they are not good for health. We should not eat them regularly.



SMART EATING

		
Always eat fresh food.	Wash your hands before and after meals	Rinse your mouth after eating
		
Do not overeat	Do not eat in a hurry.	Do not eat too much of sweets.



WORD MEANINGS

energy : ability to do work

vegetarians : people who do not eat fish, meat and egg.



LET US RECALL

- Food gives us **energy** to work and play.
- Food helps us to **grow**.
- Food keeps us **healthy** and **strong**.
- We get all of our food from **plants** and **animals**.
- Cooking makes food soft and tasty.

TESTING TIME

TASKS FOR FA & SA
(Based on CCE)





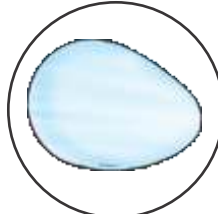




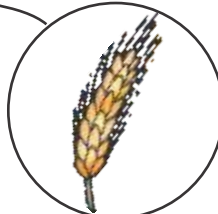
A. Tick (✓) the correct answer :

- Which of the following foods give us energy?
 (a) Egg (b) Fish (c) Bread
- Which food do you think is healthy?
 (a) Milk (b) Butter (c) Pizza
- How many times do you take meals everyday?
 (a) Two (b) Three (c) Four

B. Complete the words :

- Food keeps us healthy and s_____.
- M___ is a complete food.
- We have l_____ in the afternoon.
- Cooking makes food soft and t_____.
- We should not eat f___ foods everyday.

C. Match these food items with their sources.

FOOD					
	Bread	Honey	Milk	Meat	Egg
SOURCES					
	Cow	Goat	Hen	Bee	Wheat

D. Answer the following questions :

- Why do we need food?

- What are the two sources of food? Give examples.

- Why should we not eat fast food regularly?

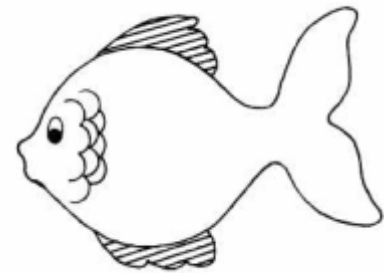
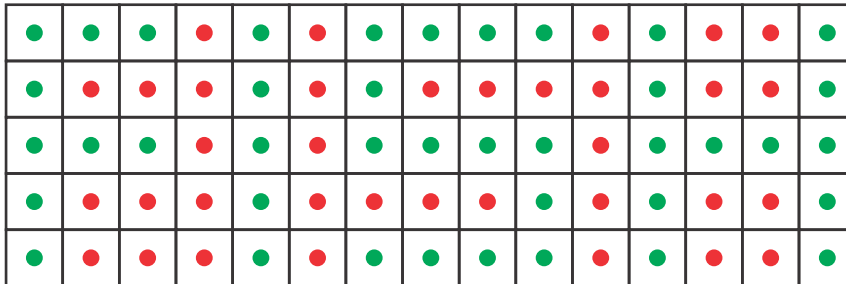


ACTIVITIES AND PROJECTS

TASKS FOR FA

1. JUST FOR FUN

If you colour all the boxes with green dots (●), you will get the name of a non-vegetarian food.



2. Class Project

Divide your class into three groups.

Group 1 will prepare a poster on food items which give us energy.

Group 2 will prepare a poster on food items which prevent us from falling sick.

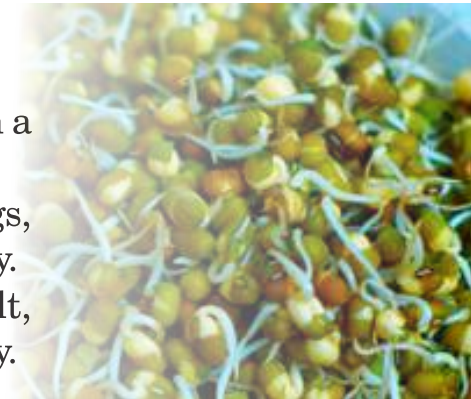
Group 3 will prepare a poster on food items which help us grow.

Display the three posters on your class noticeboard.

LIFE SKILLS

Do you know how you can make a healthy salad?

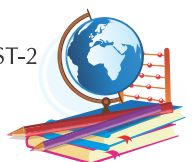
- ★ Sock a cup of moong overnight.
- ★ Next morning, drain the water. Place the seeds on a towel and keep it covered for a day or two.
- ★ Next day, you will see white thread like things, coming out of the seeds. The seed sprouts are ready.
- ★ Add pieces of onion, tomato and cucumber. Put salt, pepper and lemon juice. Your yummy salad is ready.



H.O.T.S.

(High Order Thinking Skills)

Aman complains of being tired. He cannot run about and play. The doctor advises him to change his diet. Name any five food items that Aman must have every day to get more energy.



LET US PLAY A GAME

Let us play the game of Snakes-and-Ladders and know more about food.

100	99 stay healthy	98	97 stay healthy	96	95	94 Throw waste here and there	93	92	91
81	82	83 Eat fresh food	84	85	86	87	88	89 A healthy body	90
80 Bright eyes	79	78 Wasting food	77 Eat fruits and vegetables	76	75	74	73	72 Good health	71
61	62	63	64	65 Flies and mosquitoes buzz around you	66	67	68	69	70 Eat all food items
60	59 Eat green vegetables	58	57	56	55	54 Chew food properly	53	52	51
41 Eat uncovered food	42	43	44	45	46 Give energy for work and play	47	48	49 Did you water the plants	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24 Bad habit	25	26	27 Ghee sugar, fruits, vegetables, jaggery	28 Did not get fruits & vegetable	29 Avoid illness	30
20	19 Invite illness	18	17	16	15 Save yourself from diseases	14	13 Wash fruits before eating	12	11
1 Start Here	2	3 Wash your hands before eating	4	5	6	7	8	9	10

