



2

Our Food



GET SET

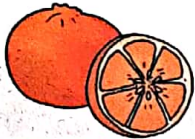
Complete the names of these fruits and vegetables.

Fruits

a _ _ _ p _ _ _

m _ _ _ _ o

o _ _ _ _ g _ _



Vegetables

o _ _ _ i _ _ _ n

p _ _ _ t _ _ _ _ o

c a _ _ _ r _ _ _ t



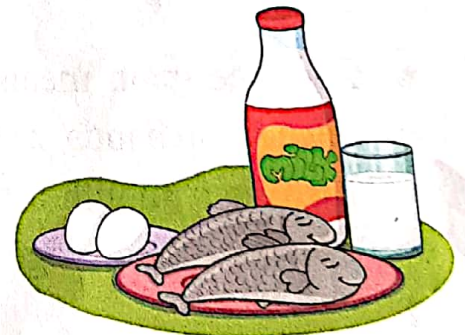
We need food to live and grow. Food gives us energy to work and play. It keeps us healthy and strong. It also helps us fight **diseases**.

DIFFERENT KINDS OF FOOD

Different kinds of food help us in different ways.

Body-building Food

Food such as milk, eggs, fish and pulses help us to grow. They make our bones and muscles strong. They are called **body-building food**.



body-building food



energy-giving food

Energy-giving Food

Food such as rice, potato and sugar give us energy to work and play. They are called **energy-giving food**.

Protective Food

Food such as fruits and vegetables keep us healthy. They help us fight diseases. They are called **protective food**.

We should eat each kind of food every day. This will keep us healthy.



protective food

GOOD FOOD HABITS

Good food habits are very important. They help us to stay healthy.

- * Drink clean water. Boil or filter it before drinking.
- * Never waste food. Take only as much as you can eat.
- * Eat only fresh and clean food.



WASH HANDS



DRINK CLEAN WATER
good food habits



NEVER WASTE FOOD

- * Eat three main meals every day.
- * Wash your hands with soap before and after every meal.
- * Wash your mouth after each meal.
- * Wash fruits and vegetables before eating them



BREAKFAST



LUNCH



DINNER

We have three main meals in a day.



Let Us Revise

- * Some food helps us to grow.
- * Some food gives us energy.
- * Some food keeps us healthy.
- * We must always eat only clean and fresh food.



Fun To Learn

A. Write T for True or F for False.

1. We need food to live and grow.
2. Milk does not help us to grow.
3. Protective food helps us fight diseases.
4. We should not wash fruits and vegetables before eating them.
5. We should wash our mouth after every meal.

T
F
T
F
T

B. Choose words from the box. Fill in the blanks.

1. Food is important for us.
2. Pulses are body-building food.
3. Vegetables are protective food.
4. Eat three main meals every day.
5. Drink clean water.

three (4)
important (1)
clean (5)
Vegetables (3)
Pulses (2)

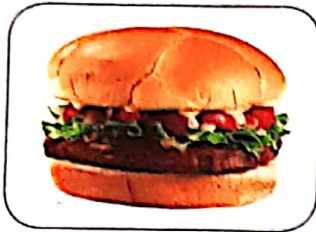
C. Answer these questions.

1. Why do we need food?
2. Which kind of food helps us to grow?
3. Write the names of any two food items that give us energy.
4. Write the names of any two food items that help us fight diseases.
5. Write any three good food habits.



D. Look at these pictures. Write Yes or No.

1.



This is unhealthy food.

Should we eat this food? No

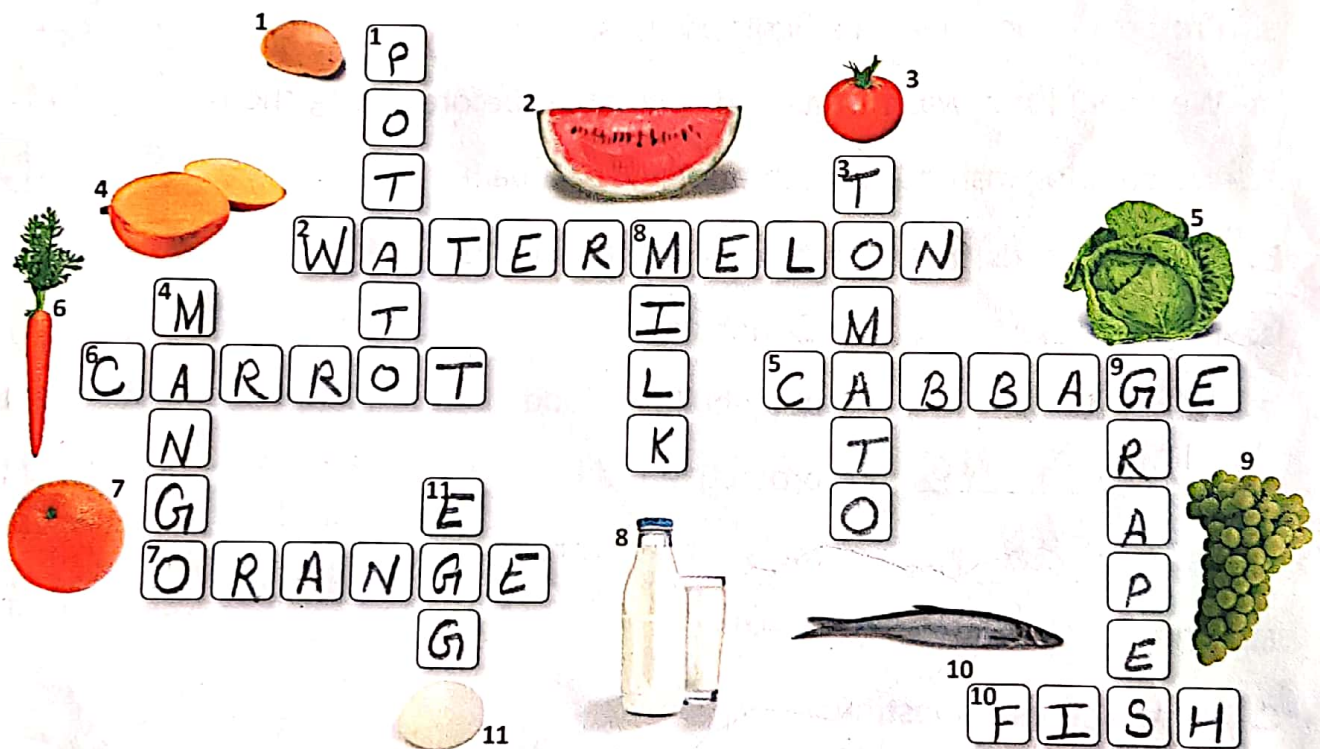
2. This is healthy food.

Should we eat this food? Yes



Fun To Do

E. Complete this word puzzle on healthy food.



Beyond the Chapter

When we eat body-building food, energy-giving food and protective food in the right amount, it is called a balanced diet.