

# Healthy Food Habits



Everybody needs food.

We need food to grow strong and healthy.

Food gives us energy to work and play.

We should eat clean and fresh food.

We should eat different kinds of food.

You have breakfast in the morning.

You take lunch at midday.

During the day, you have some snacks and drinks.



Milk, vegetables and fruits are necessary for growth. They protect you from diseases and keep you healthy.

Pizzas, burgers, noodles are junk food items. Junk food is also called fast food. It is preserved with chemicals. It is not good for health. It makes the children fat. Fat people have difficulty in walking and running. They have difficulty in breathing and have pain in joints.

Junk food can also cause diseases.

Your parents know what is good for you. Eat all that your mother gives you. Eat only that food from the market which your mother permits.

Eating on time is a good habit. Eating too much makes us sick.

Food is a gift of God. We should not waste food. We should thank God for the food He gives us.

It is good to share our food with the poor.



## Exercises



### A. Answer these questions:

1. Why do we need food?

We need food to grow strong and healthy.

2. What type of food should we eat?

We should eat clean and fresh food.

3. Which type of food protects you from diseases?

Milk, vegetables and fruits protect us from diseases.

**B. Fill in the blanks:**

1. Everybody needs food.
2. Food gives us energy for work and play.
3. Junk food is also called fast food.
4. Eating too much makes us sick.

**C. Write T for 'True' and F for 'False':**

1. Everybody needs food.
2. Eating too much gives us very good health.
3. We should eat different kinds of food.
4. We should eat food very fast.

T  
T  
T  
F

**D. Answer the following in one word:**

Which is your favourite food?

What did you eat in breakfast today?

What did you eat in dinner last night?

Which is your favourite fruit?

How many glasses of milk did you drink today?

What is your favourite drink?

Which food do you dislike?

How often do you eat in restaurant?

How often do you eat fruits?

How often do you eat sweets?

How often do you eat chips or chocolate?





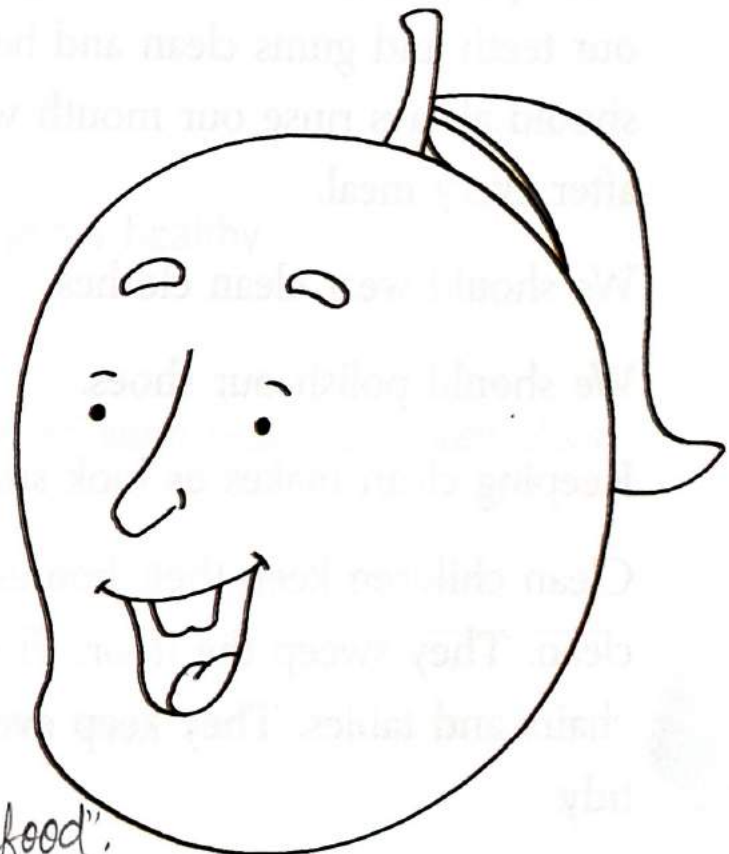
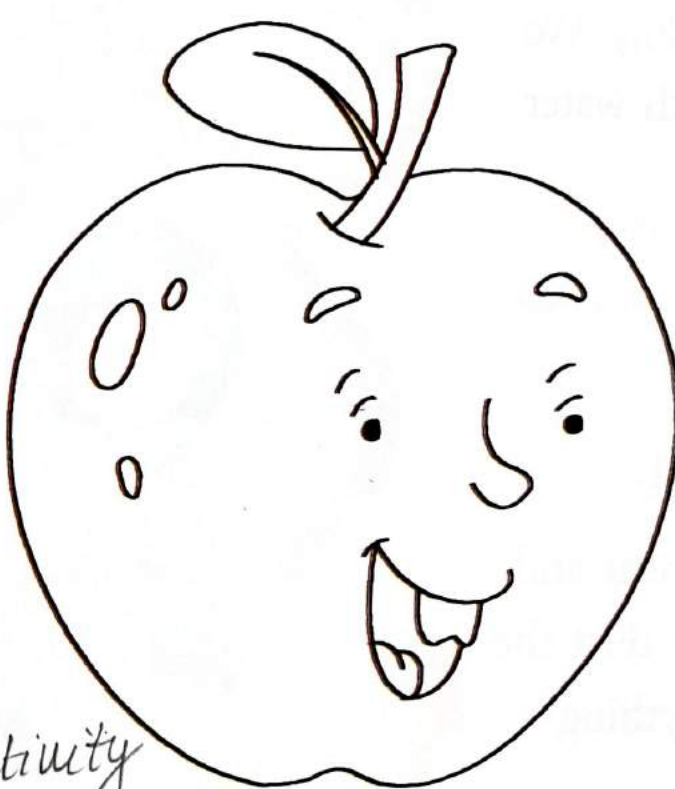
## Activity



A. You must follow certain rules while eating meals:

- Do not waste food, take only what you can finish.
- Do not stuff your mouth with food.
- Chew with your mouth closed.
- Do not speak when food is in your mouth.
- Eat only when everyone has been served.
- Always say 'thank you' when served something.
- Always use a napkin to wipe your mouth.

B. Colour the pictures of these funny fruits:



Activity

Make poster "Don't waste food".  
on a A4 size sheet. Find on which day  
we celebrate World Food Day