

Date: 20.5.2024 Teachers: Mrs. Harminder Kaur, Mrs. Navjot Kaur

Topic

2. Food We Eat

In this assignment we will learn about 'Our Food'

Why do we need Food?

We need food to stay alive, it gives us energy to work and play. It helps us to grow, it keeps us strong and healthy and protects us from diseases. We must always eat fresh and clean food.



We take three meals in a day:



Breakfast in
the morning



Lunch in the
afternoon.

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Dinner at night.

The evening meal is called snack time.

We eat food in two forms - raw and cooked.
Some food items that we eat in raw form are:



Banana, Apple, grapes, Radish, carrot, Cucumber, Lettuce, Papaya.

Some food items that need to be cooked before eating are: Rice, Potato, Pulses

Cooking makes the food tasty and easy to digest.



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Different food items are prepared during festivals and other celebrations.



A plum cake is made on Christmas.



Lysiyas is made on Holi.



Modak is made on Ganesh Chaturthi.

Sewain are cooked on Eid.

Pongal rice is cooked on Pongal.

Sweets are prepared on Siwali.

Idli - dosa is famous dish of Kerala.

Chole - bhature is famous dish of Punjab.

Dal - bati - choorma is famous in Rajasthan.

Sources of food.

The two sources of foods are

Plants

Animals

Food from plants: We get most of the food items from plants. These are: Cereals, Pulses, Vegetables, Fruits, Spices



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Food from Animals

We get a variety of food from animals too.
We get eggs from hens and ducks.

We get milk from cow and goat.
Milk is ^{called} a complete food.

We get meat from hen, goat and fish.
We get silk from silk worms.

Children, people who eat meat along with other plant foods are known as non-vegetarians.

Good Food Habits: Food gives us energy. We should never waste or throw our food.

Good food habits to keep healthy: Wash your hands before and after meals. Chew your food properly. Never eat stale or uncovered food. Do not talk or watch T.V while eating food. Drink 6-8 glasses of water everyday.

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Eat lots of green vegetables and fruits.
Drink a glass of milk everyday. Avoid
toffees, chips, chocolates and cold drinks.



The food items
that are made
from milk
are called dairy
products. For example
curd, ghee, butter,
paneer, cream etc



Different Foods

All the people do not eat the same type of food. Babies drink milk and eat soft foods only like mashed bananas, potatoes.

People who do physical labour need more of energy-giving foods like chapattis, rice,

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potatoes, sugar, ghee etc.
Elderly people eat soft, boiled food like porridge
and soup. We must not in a hurry.

Back - Exercises

A. Tick the correct option

1. breakfast
2. Rice
3. Sewain
4. hen

B. Fill in the blanks

1. Chole-bhature
2. Clove, Chilly
3. Milk
4. stale
5. Plants, animals
6. food

Write Yes or No

1. Yes
2. No
3. Yes
4. Yes

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