



Food We Eat

Food is the basic need of our survival. Food gives us energy. It helps us to grow. It keeps us healthy, strong and free from diseases.

Sources of Food

The two main sources of food are

Plants

Animals

Food from Plants



Fruits



Vegetables



Cereals



Pulses

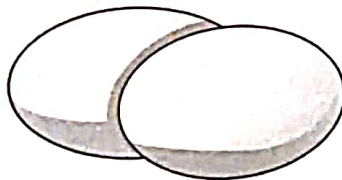


Spices

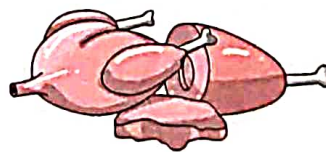
Food from Animals



Milk



Eggs



Meat



Fish

Teacher's Tip

Encourage the children to eat a balanced diet to keep fit.

Types of Food

There are three main types of food:

1. Energy-giving Foods

The foods that give us energy are called energy-giving foods. These foods are rich in carbohydrates and fats.

Examples: Rice, potato, bread, butter, oil, ghee, sugar, etc.



2. Body-building Foods

The foods that help us grow well and make our bones and muscles strong are known as body building foods. These foods are rich in proteins.

Examples : Grains, pulses, nuts, milk and eggs.



3. Protective Foods

The foods that protect us from various diseases and keep us healthy are known as protective foods. These foods are rich in vitamins and minerals.

Examples : Fruits and vegetables.

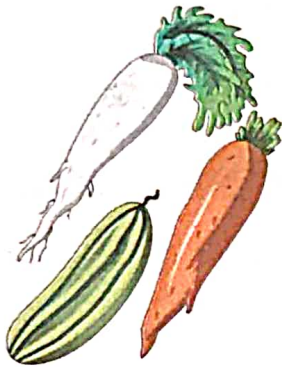


Vegetarians and Non-vegetarians

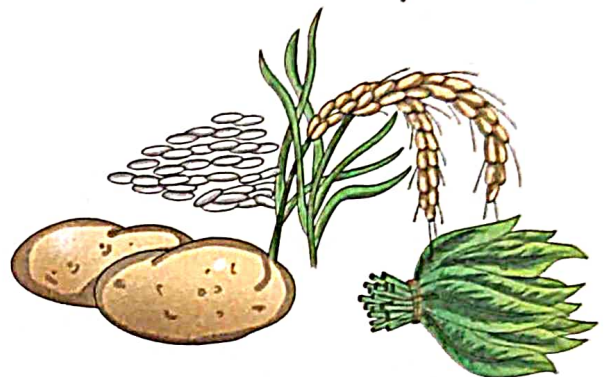
- ❁ People who do not eat foods like eggs, fish and meat are called **vegetarians**.
- ❁ People who eat foods like eggs, fish and meat are called **non-vegetarians**.

Raw and Cooked Food

Some foods are eaten raw like fruits and vegetables. Some food items are cooked and then eaten like potato, rice and spinach.



Raw foods



Cooked foods

Did You Know ?

A plate of raw vegetables such as cucumber, tomatoes etc. is called a salad.

Drink at least 6-8 glasses of water everyday.

Water

Water is an important part of our food. It helps in digestion. It helps to remove the undigested wastes from the body. It maintains the body temperature.

We should always drink clean water. Boil it before drinking to avoid diseases or use RO water.

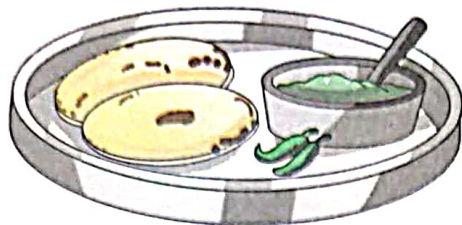


Different Types of Food

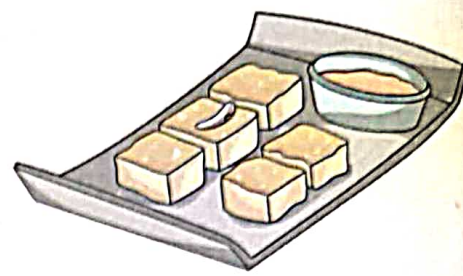
Different types of foods are eaten in different regions of our country. Here are some examples:



Dal bati choorma
(Rajasthan)



Makki ki roti and
Sarson ka saag
(Punjab)



Dhokla
(Gujarat)

We should respect the diversity of food habits in our country. The people of different age groups need different types of food.



A small baby
needs milk and
soft boiled food.



An adult needs a
balanced diet full
of all the nutrients.



An old man/woman
needs soft, boiled and
easily chewable food.

Good Food Habits

Read and follow these good food habits to keep healthy:

- ✿ Wash your hands before and after eating.
- ✿ Eat clean and fresh food.

- ✿ Eat healthy and avoid junk food.
- ✿ Eat food at fixed timings.
- ✿ Always keep the food covered!
- ✿ Never overcook the food.
- ✿ Never waste the food.
- ✿ Do not talk or laugh while eating.
- ✿ Eat lots of green vegetables and fruits.
- ✿ Drink a glass of milk everyday.
- ✿ Do not watch T.V. while eating.
- ✿ Do not overeat.



Do you follow the above food habits?

Yes / No

Let's Recall

- * Food is the basic need of our survival.
- * We get food from plants and animals.
- * There are three main kinds of foods – energy-giving foods, body-building foods and protective foods.
- * Some people are vegetarians and some are non-vegetarians.
- * We should follow good food habits.
- * Some foods can be eaten raw and some need to be cooked.

Let's Answer

A. Answer the following questions: *in notebook.*

1. Why do we need food?

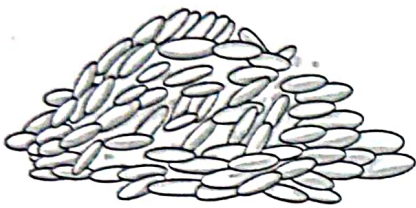
2. What are the sources of food?

3. What are energy-giving foods?

4. Why should we drink water?

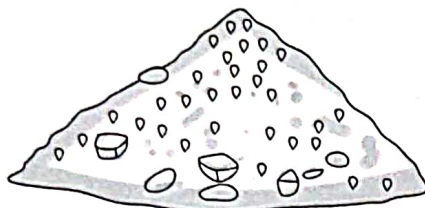
5. Who are non-vegetarians?

B. Write E for energy-giving foods, B for body-building foods and P for protective foods:



Rice

E



Sugar

E



Milk

B



Nuts

B



Fruits

P



Ghee

E



Vegetables

P



Pulses

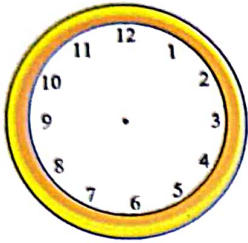
B

C. Fill in the blanks:

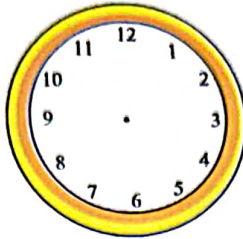
1. Food gives us energy.
2. Drink at least 6-8 glasses of water everyday.
3. Boil water before drinking.
4. We should respect the diversity of food habits in our country.

Let's Do

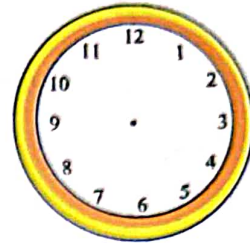
A. We usually have three meals in a day – breakfast, lunch and dinner.
 Draw hands on these clocks to tell us the time when you have them.



Breakfast

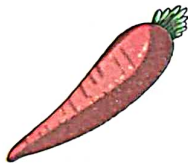
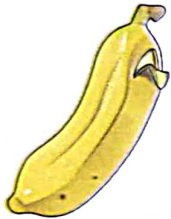


Lunch



Dinner

B. Cross (X) the foods that we should avoid:



C. Tick (✓) or cross (X) indicating which are good/bad eating habits:



Tender Heart High School

Class - II

Date: _____

Subject - Environmental Studies

Teachers - Mr. Harjit Kaur, Ms. Jyoti Arora, Ms. Rupinder Kaur

Lesson - 4, Food We Eat

Q1 Fill in the blanks:

1. Food gives us energy.
2. Drink at least 6-8 glasses of water everyday.
3. Boil water before drinking.
4. We should respect the diversity of food habits in our country.

Q2. Write True or False:

1. There are two main sources of food. True
2. We should drink 1 glass of water everyday. False
3. We should eat clean food. True.
4. We get milk from plants. False
5. Food keeps us healthy. True

Q3. Write E for energy-giving foods, B for body-building foods and P for protective foods:

1. Rice - E
2. Sugar - E
3. Milk - B
4. Nuts - B
5. Fruits - P
6. Lychee - E
7. Vegetables - P
8. Pulses - B

Q4. Choose the correct answers:

1. We get fruits from animals / plants.
2. Some foods are eaten raw like fruits / meat.
3. We should always drink dirty / clean water.
4. Always keep the food covered / uncovered.
5. Eat / Avoid junk food.

Q5. Answer the following questions:

Q1. Why do we need food?

Ans. Because it keeps us healthy, strong and free from diseases.

Q2. What are the sources of food?

Ans. Plants and animals are the sources of food.

Q3. What are energy-giving foods?

Ans. The foods that give us energy are called energy-giving foods.

Q4. Why should we drink water?

Ans. Because it helps in digestion.

Q5. Who are non-vegetarians?

Ans. People who eat foods like eggs, fish and meat are called non-vegetarians.