

## Chapter- 5

# The Food We Eat

## STUDY NOTES

### Let's Learn:

- We all need food to live.
- We eat three meals a day.
- In the morning we eat breakfast.
- In the afternoon we eat lunch.
- At night we eat dinner.
- We must drink milk, juice, and water.
- We eat many kinds of food.

### Different Kinds of food:

- To be healthy, we need to eat different kinds of food.
- Foods like chappatis, bread, butter, and sugar give us the energy to work and play.
- Foods like milk, egg, fish, meat and pulses help us to grow big and strong.
- Foods like fruits and vegetables help our body to fight diseases and stay healthy
- We should eat all kinds of food to stay healthy.

BREAKFAST



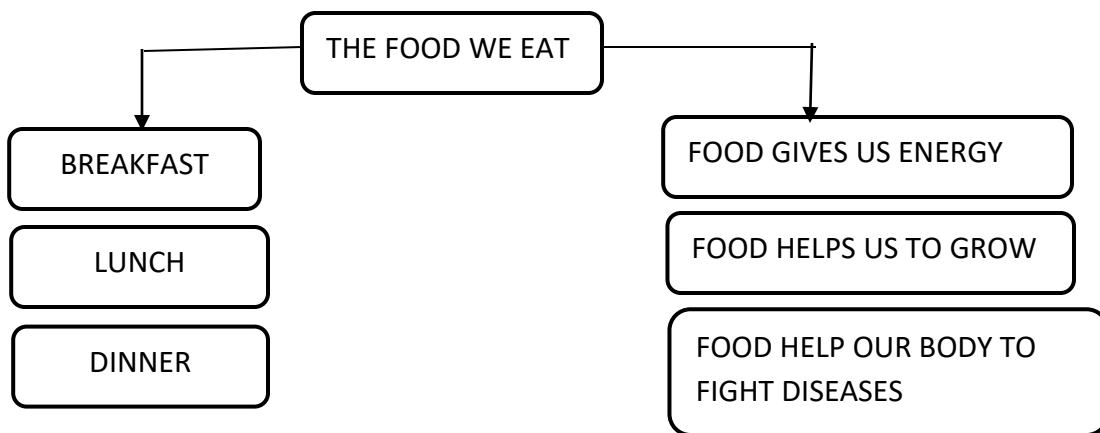
LUNCH



DINNER



FRUITS &amp; VEGETABLES

**Memory Map:****Let's Know More:****I. Answer in one word.**

1. Why do we need food?
2. How many meals do we eat in a day?
3. Which meal do we eat in the afternoon?
4. Which meal do we eat in the morning?

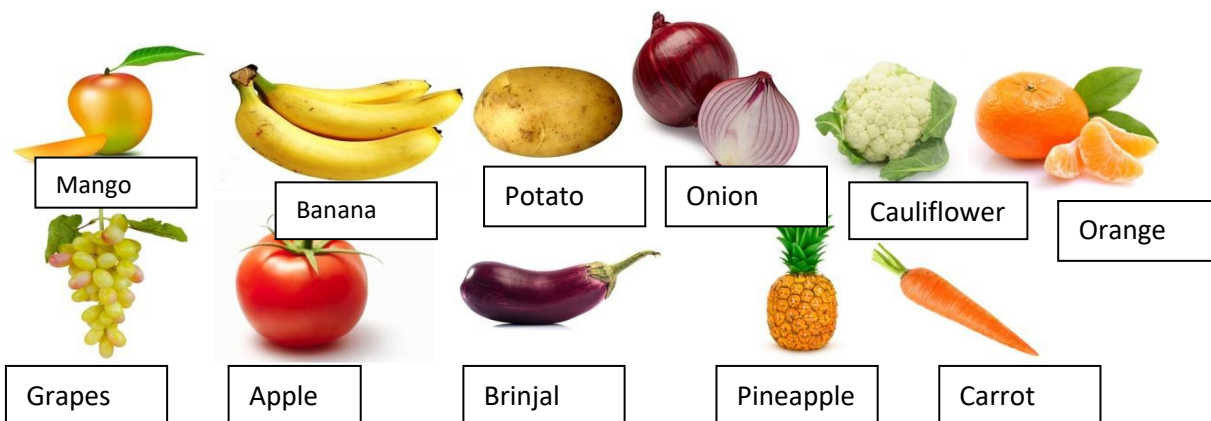
**Let's Do:****II. Complete these sentences.**

1. I eat \_\_\_\_\_ for breakfast.
2. I eat \_\_\_\_\_ for lunch.
3. I eat \_\_\_\_\_ for dinner.

**III. Mark the sentences as true (v) or not true(x).**

1. We need food to grow. ( )
2. We eat dinner in the morning. ( )
3. We eat lunch in the afternoon. ( )
4. We must drink plenty of water. ( )
5. We must eat breakfast in the morning. ( )

**IV. Here are pictures of some fruits and vegetables. Choose three fruits and three vegetables you like to eat and write their names in the blanks.**



**Fruits**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Vegetables**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

V. Match the pictures with their names.



Mango



Eggs



Grapes



Milk

tomato

sugar

VI. Tick (✓) the correct word.

1. I eat (**lunch/dinner**) at night.
2. Banana is a (**fruit/vegetable**).
3. I must drink plenty of (**cold drinks/water**) to stay healthy.
4. Food that gives me energy is (**bread and butter/fish and eggs**).

5. (Fruit and vegetables/ Rice and chappatis/ Milk and eggs) help the body to fight disease.

**Teacher's Note:**

- Draw or paste the picture of any 5 fruits and vegetables in your scrapbook.

**Improve Your G.K.:**

- Kichdi is the national food of India.
- India is the largest mango-producing country in the world.
- Himachal Pradesh is known as the apple state of India.

**Answer Key:**

**I.**

1. to eat
2. three meals
3. lunch
4. breakfast

**II.**

1. Idly and chutney.
2. Rice, dal, fish curry, Palak paneer, and salad.
3. Roti, dal, veg curry, omelet, and salad.

**III.**

1. true
2. not true
3. true
4. true
5. true

**IV.**

Fruits

1. Mango
2. Banana
3. Orange

Vegetables

1. Carrot
2. Tomato
3. Cauliflower

V.



Tomato



Mango



Egg



Grapes



Milk



Sugar

VI.

1. dinner
2. fruit
3. water
4. bread and butter
5. fruit and vegetables