

## Chapter- 5

# The Food We Eat

## STUDY NOTES

- We all need food to live.
- We eat three meals in 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 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



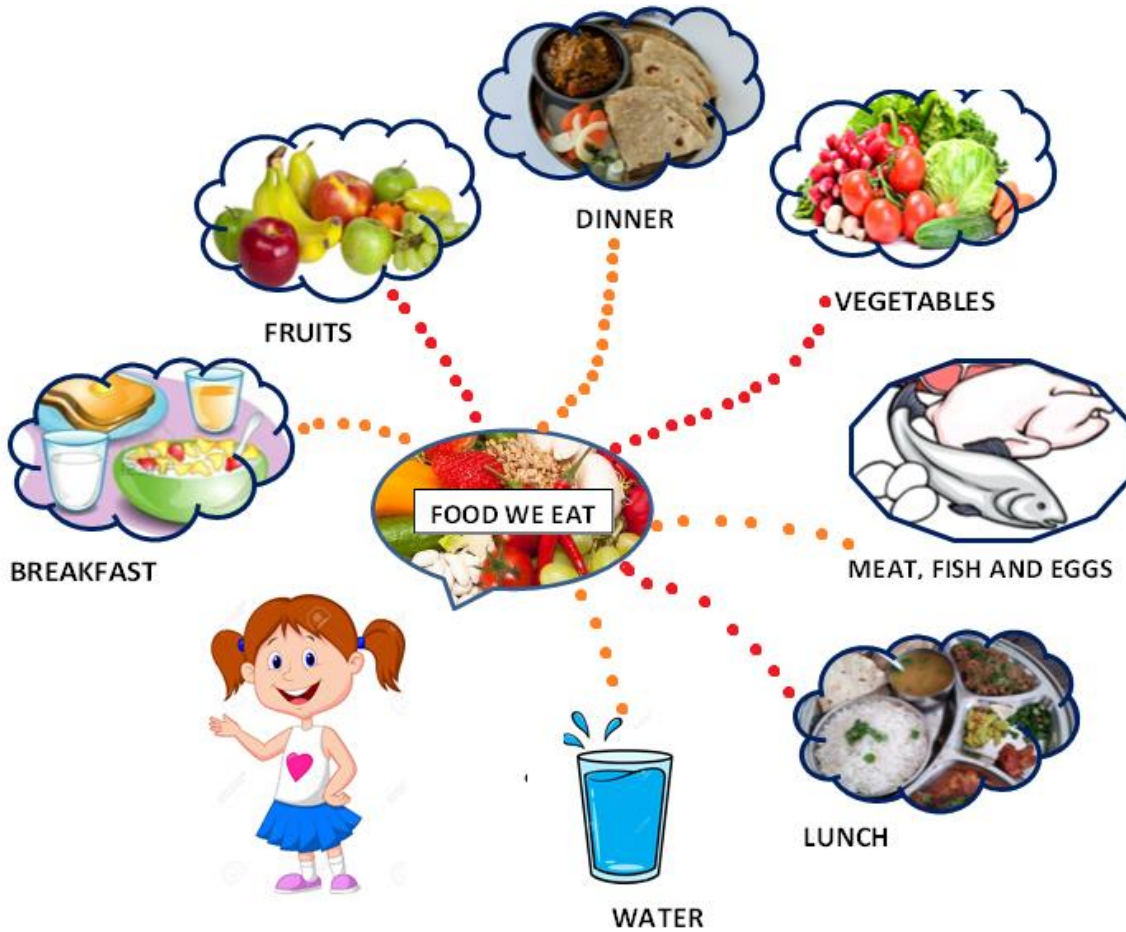
DINNER



FRUITS &amp; VEGETABLES



Memory map:



**Let's know more:**

**Q1. Answer in one word:**

- What do we need to live?
- How many meals do we eat in a day?
- Which meal do we eat in the afternoon?
- Which meal do we eat in the morning?

**Let's do:**

**Q2. Complete these sentences:**

I eat \_\_\_\_\_ for breakfast.

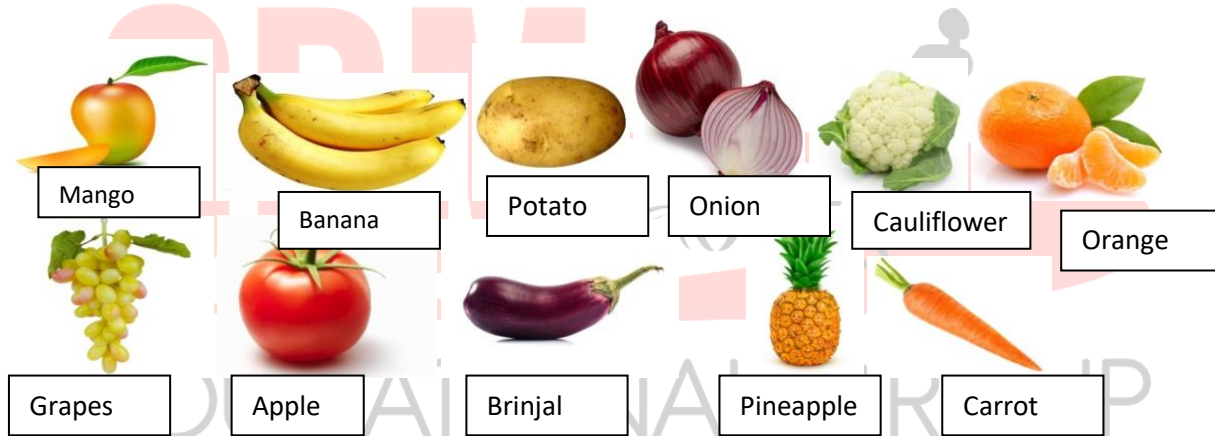
I eat \_\_\_\_\_ for lunch.

I eat \_\_\_\_\_ for dinner.

**Q3. 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. ( )

**Q4. 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**

**Vegetables**

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

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

**Q5. Match the pictures with their names.**





Grapes

Milk

tomato

sugar

**Q6. 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:**

- Make a food chart, that you use in a day (Breakfast, Lunch & Dinner)
- Collect and paste the pictures of any 3 fruits, 3 vegetables, 3 types of food which help us to grow, & 3 energy giving food in your scrap book.

**Improve your G.K:**

- Khichidi is the National food of India.
- Major "wheat" growing states in India are Uttar Pradesh, Punjab, Haryana, Madhya Pradesh, Rajasthan, Bihar and Gujarat.
- India is the largest mango producing country in the world.
- Himanchal Pradesh is known as Apple state of India.

**Answer key:**

Q1.

- a. food
- b. three
- c. lunch

d. breakfast

Q2.

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

Q3.

1. True
2. Not true
3. True
4. True
5. Not true

Q4.

Fruits

Vegetables

- |           |                |
|-----------|----------------|
| 1. Mango  | 1. Carrot      |
| 2. Banana | 2. Tomato      |
| 3. Orange | 3. Cauliflower |

Q5.



Tomato



Mango



Egg



Grapes



Milk



Sugar

Q6.

1. Dinner
2. Fruit
3. Water
4. Bread and butter
5. Fruit and vegetables

