

SESSION :1
CLASS: I
SUBJECT: EVS
CHAPTER NUMBER: 5
CHAPTER NAME: THE FOOD WE EAT
SUBTOPIC: ACTIVITY- SAY ABOUT YOUR
FAVOURITE FOOD, MEALS IN A DAY

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

To enable the learner to know about

- The food they like to eat.
- The different meals that they eat in a day.

Activity Time



What's your favourite food?

"My favourite food is _____"



Students, Think of the activities you do in a day-
You run, jump, play, dance, and so on...



After doing so many activities you must feel hungry.



When you feel hungry,
you need food to eat.





Food gives us the energy to work



It helps us to grow.



Food protects our bodies from illness.



It makes us healthy and strong.

MEALS IN A DAY

- ❖ **We all need food to eat.**
- ❖ **We eat different types of food.**
- ❖ **In a whole day we eat meals in different time.**



**We usually
take three
meals in a
day.**

BREAKFAST

LUNCH

DINNER

BREAKFAST

The meal we eat in the
morning time is called
our
BREAKFAST



BREAKFAST



BREAKFAST



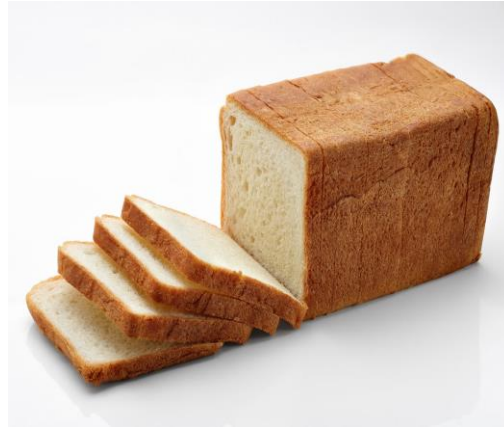
MILK



FRUITS



JUICE



BREAD



BUTTER

LUNCH



The meal we eat in the
afternoon is called our
LUNCH



LUNCH



SALAD



RICE



PULSES



VEGETABLE CURRY

DINNER



The meal we eat in the
evening/at night is
called our **DINNER**



DINNER



Drinking water



**With our
regular food
, We must
drink plenty
of water
everyday.**

❖ **We eat three meals in a day**

1. Breakfast

2. Lunch

3. Dinner

❖ **Breakfast in the morning.**

❖ **Lunch in the afternoon.**

❖ **Dinner in the evening/at night.**

❖ **We must drink clean and plenty of water everyday.**



Think and speak:

1. What will happen if we do not eat food?
2. Why do we need to eat?



LEARNING OUTCOME:

- The learner will be able to know about each other's favourite food and different meals that they eat in a day.

THANKING YOU
ODM EDUCATIONAL GROUP