

SESSION:2
CLASS: I
SUBJECT: EVS
CHAPTER NUMBER: 5
CHAPTER NAME: THE FOOD WE EAT
SUBTOPIC: DIFFERENT TYPES OF FOOD, NEW WORDS

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE :

To enable the learner to know about

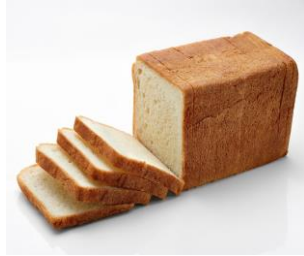
- Different types of food and how they help to keep the body healthy.
- Some new words from the chapter along with spellings.



THE FOOD WE EAT

Activity Time

When do you take this?



MEALS IN A DAY



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

BREAKFAST

LUNCH

DINNER

BREAKFAST

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



LUNCH



The meal we eat in the
afternoon is called our
LUNCH

DINNER



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

Drinking water



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

C.W

Different types of food

**We eat different types of food
everyday.**

There are many kinds of food .

They help us in different ways.



FOODS LIKE



RICE



ROTI



BUTTER



BREAD



SUGAR

**These kinds of food give us
energy to work and play**



FOODS LIKE



MILK



PULSES/DAL



EGG



MEAT



FISH

**These kind of foods help us
to grow big and strong.**



FOODS LIKE



FRUITS



VEGETABLES



Foods like fruits and vegetables help our body to fight diseases and stay healthy.

We should eat all kinds of food to stay healthy.

Good habits to follow

1. Eat clean and fresh food.
2. Eat your meals at the right time every day.
3. Wash your hands before you eat.
4. Never waste food.
5. Chew the food properly.



NOTES

- 1. Give us energy - rice, chappatis, bread, butter and sugar.**
- 2. Help us to grow - milk, egg, fish, meat and pulses.**
- 3. Protects our body from illness- fruits and vegetables.**
- 4. We should eat all kinds of food to stay healthy.**



NEW WORDS

SUGAR

DINNER

CHAPPATI

BREAKFAST

FRUITS

VEGETABLE

DISEASE

GROW

RICE

LUNCH

HEALTHY

PULSES

ENERGY

BUTTER

BREAD



Answer orally

1. Name the food that gives you energy.
2. Name the food that helps you to grow?
3. How do fruits and vegetables help your body?



Home Assignment:

Practice the new
words in your
notebook.



LEARNING OUTCOME:

- The learner will be able to know about different foods and how they help to keep the body healthy and new words from the chapter.

THANKING YOU
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