

**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**

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**CHANGING YOUR TOMORROW**

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## LEARNING OBJECTIVE :

- Students will be able to know about the food they like to eat and different meals that we eat in a day.

# Activity Time



**What's your favourite food?**

"My favourite food is \_\_\_\_\_"



**THE FOOD  
WE EAT**

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 energy to work**



**It helps us to grow.**



**Food protects our body 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  
big meals in  
a day.**

**BREAKFAST**

**LUNCH**

**DINNER**

# BREAKFAST

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



# BREAKFAST



# BREAKFAST



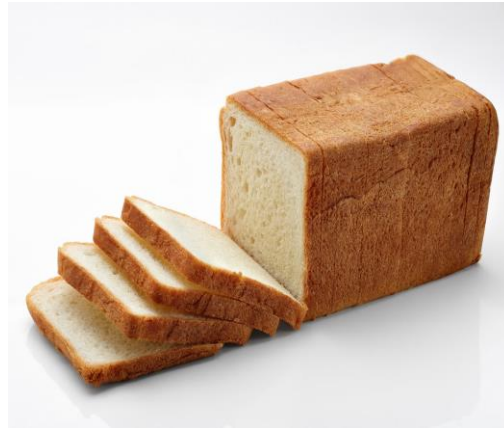
**MILK**



**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.



## LEARNING OUTCOME:

- Students are able to know about each other's favourite food and different meals that we eat in a day.

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**