

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

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE :

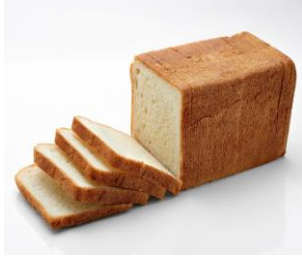
- Students will be able to know about different types of food and how they help to keep the body healthy and some new words along with spellings.

A top-down view of a diverse selection of fresh produce, including a red bell pepper, cucumber, orange, cauliflower, kiwi, apple, carrot, tomato, and avocado, arranged in a circular pattern around a central white box with a green oval containing the text.

# THE FOOD WE EAT

# Activity Time

When do you take this?



# MEALS IN A DAY



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**



# 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.





## 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.**



# 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

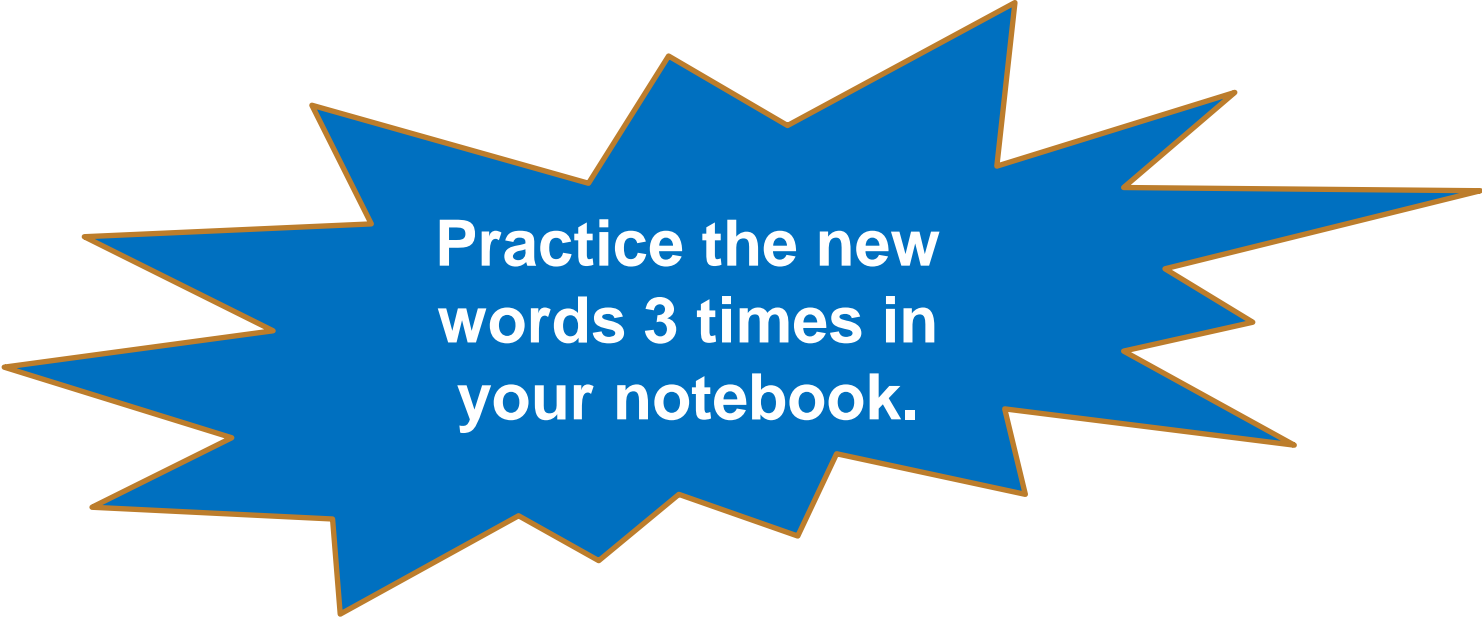
BUTTER

BREAD





**HOME WORK**



**Practice the new  
words 3 times in  
your notebook.**

## LEARNING OUTCOME:

- Students are able to get knowledge about different foods and their nutrient values and new words from the chapter.

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