

WELCOME TO THE ONLINE CLASS

SESSION NO.: 1

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: INTRODUCTION, A BALANCED DIET

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner :

- **to know the importance of food**
- **to identify the nutrients in different food**
- **to explain the importance of balanced diet**

WARM UP

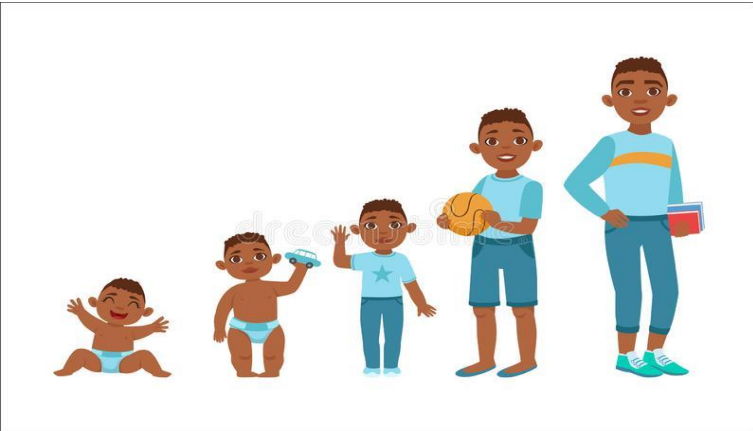
- 1. What is food?**
- 2. From where do you get your food?**
- 3. Why is food important to you?**
- 4. How do you feel when you come to school without having your breakfast?**
- 5. What are your daily activities?**
- 6. Can you perform these activities on a day you go without food?**

WHO NEEDS FOOD?

All living things need food.



IMPORTANCE OF FOOD



Food helps us to grow and stay alive.

Food gives us energy to work, play, study, etc.



Food keeps us fit & healthy

THINGS NEEDED TO KEEP OUR BODY HEALTHY

- **Balanced diet**
- **Regular exercise**
- **Enough rest**
- **Protection from diseases**

WHY WE DO NOT EAT SAME KIND OF FOOD EVERY TIME?

- We do not eat same kind of food every day because different types of foods provide us with the different types of nutrients which is required for the proper functioning of our body.



BALANCED DIET

A balanced diet is a diet that has right amount of all the nutrients, that is, carbohydrates, fats, proteins, vitamins and minerals along with water and roughage.



NUTRIENTS

- **Nutrients are substances present in food which provide nourishment to our body.**

TYPES OF NUTRIENTS

- **Carbohydrates**
- **Fats**
- **Proteins**
- **Vitamins and minerals**

SUMMARY

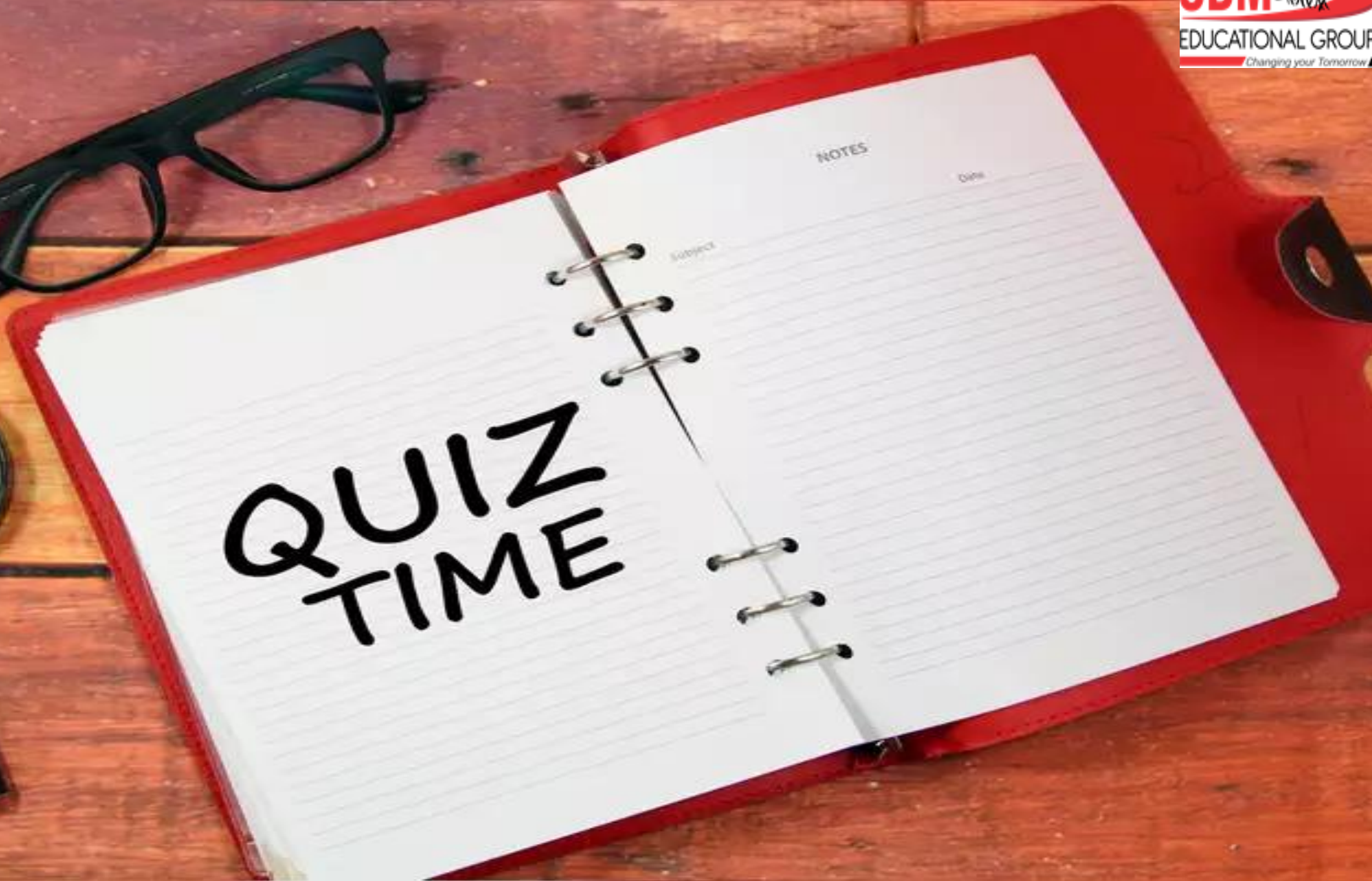
- All living things need food.
- Food helps us to grow, gives us energy and keeps us healthy.
- A diet is a food that we eat.
- A balanced diet consists of all the nutrients in right amount along with water and roughage.
- Nutrients are the substances that provide nourishment to our body.
- Carbohydrates, fats, proteins, vitamins and minerals are the different types of nutrients.
- Carbohydrates and fats give us energy.

**QUIZ
TIME**

NOTES

Date

Subject



1. A diet that consists of all the nutrients in right amount along with water and roughage.

ANS: A balanced diet

2. Substances that provide nourishment to our body.

ANS: Nutrients

3. All living things need _____.

ANS: Food

4. What are the different types of nutrients?

ANS: Carbohydrates, fats, proteins, vitamins and minerals

HOMEWORK

- **Write the difficult words in notebook.**

WORD SEARCH ONLINE GAME

<https://thewordsearch.com/puzzle/2291943/food/>

The
WordSearch.com

food

A	T	K	L	I	M	E	T	A	E	H	W	R	P
R	P	P	U	L	S	E	S	Y	S	V	O	I	E
R	W	P	A	T	S	A	H	W	A	U	N	P	R
L	A	A	L	U	T	T	E	E	E	F	E	R	N
O	T	R	G	E	L	I	V	M	C	R	A	O	A
G	E	A	O	A	F	S	R	E	I	C	E	T	V
E	R	E	E	U	P	I	L	A	R	E	M	E	I
M	T	H	H	O	G	B	S	T	E	E	E	I	T
M	A	N	G	O	K	H	E	H	M	I	S	N	A
U	T	A	E	M	W	L	A	R	E	N	I	M	M
O	T	A	T	O	P	G	N	G	E	C	D	T	I
E	L	B	R	E	A	D	Y	I	E	I	A	O	N
R	T	B	A	L	A	N	C	E	D	D	I	E	T
T	O	M	A	T	O	E	N	E	R	G	Y	A	E

MANGO
MEAT
VITAMIN
RICE
MINERAL
BREAD
FAT
APPLE
MILK
WATER
BALANCEDDIET
HEALTHY
ROUGHAGE
FISH
TOMATO
PULSES
WHEAT
SUGAR
ENERGY
POTATO
PROTEIN

LEARNING OUTCOME

The learner will be able to:

- **to know the importance of food**
- **to identify the nutrients in different food**
- **to explain the importance of balanced diet**

THANKING YOU
ODM EDUCATIONAL GROUP