

# 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**

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**CHANGING YOUR TOMORROW**

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# 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

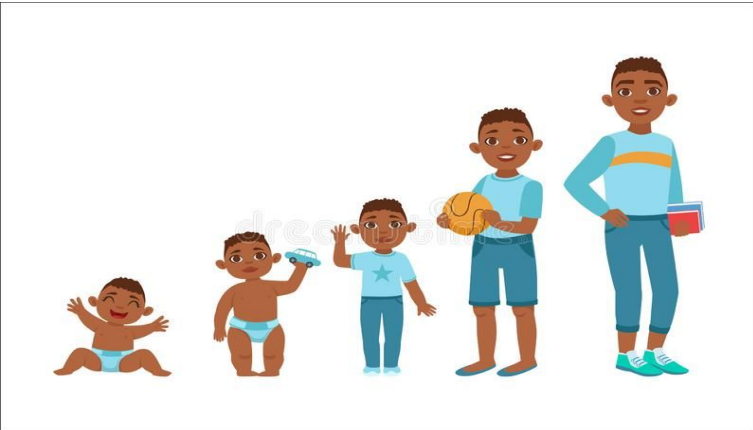
1. What is food?
2. From where do you get your food?
3. Why is food important to you?
4. How do you feel when you come to school without having your breakfast?
5. What are your daily activities?
6. Can you perform these activities on a day you go without food?

# 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

Play this puzzle online at : <https://thewordsearch.com/puzzle/2291943/>

# 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**