

## Chapter- 3

# My Body Needs Food

## STUDY NOTES

### Let's Learn:

#### Importance of food:

- Our body needs food to grow and stay healthy.
- We should eat different kinds of food.

#### Food from plants:

- We get different kinds of food from plants and animals.
- We get fruits like bananas, apples, mangoes and grapes from plants.
- We get vegetables like potatoes, chillies, brinjals, beans and tomatoes from plants.
- We get grains like wheat and rice from plants.
- The different kinds of dals are known as pulses.



### Vegetables



Beetroot



Spinach



Turnip



Cauliflower

**Food from animals:**

- Foods that we get from animals are called animal products.
- Milk, butter, cheese, curd, ghee, eggs and meat are animal products.
- We get milk from cows, camels, goats and buffaloes.
- We get eggs from hens and ducks.
- We get meat from animals.

**Kinds of food:**

- There are mainly 3 kinds of food. Ex: Energy-giving, body-building and protective food.
- The food like potato, bread, rice, chappati, sugar, butter and oil give us energy to work and play are called **Energy-giving food**.
- The food like milk, meat, fish, egg and pulses (dals) make our bodies strong and help us to grow are called **Body-building food**.
- The food like fruits and vegetables, which protects us from diseases are called **Protective food**.

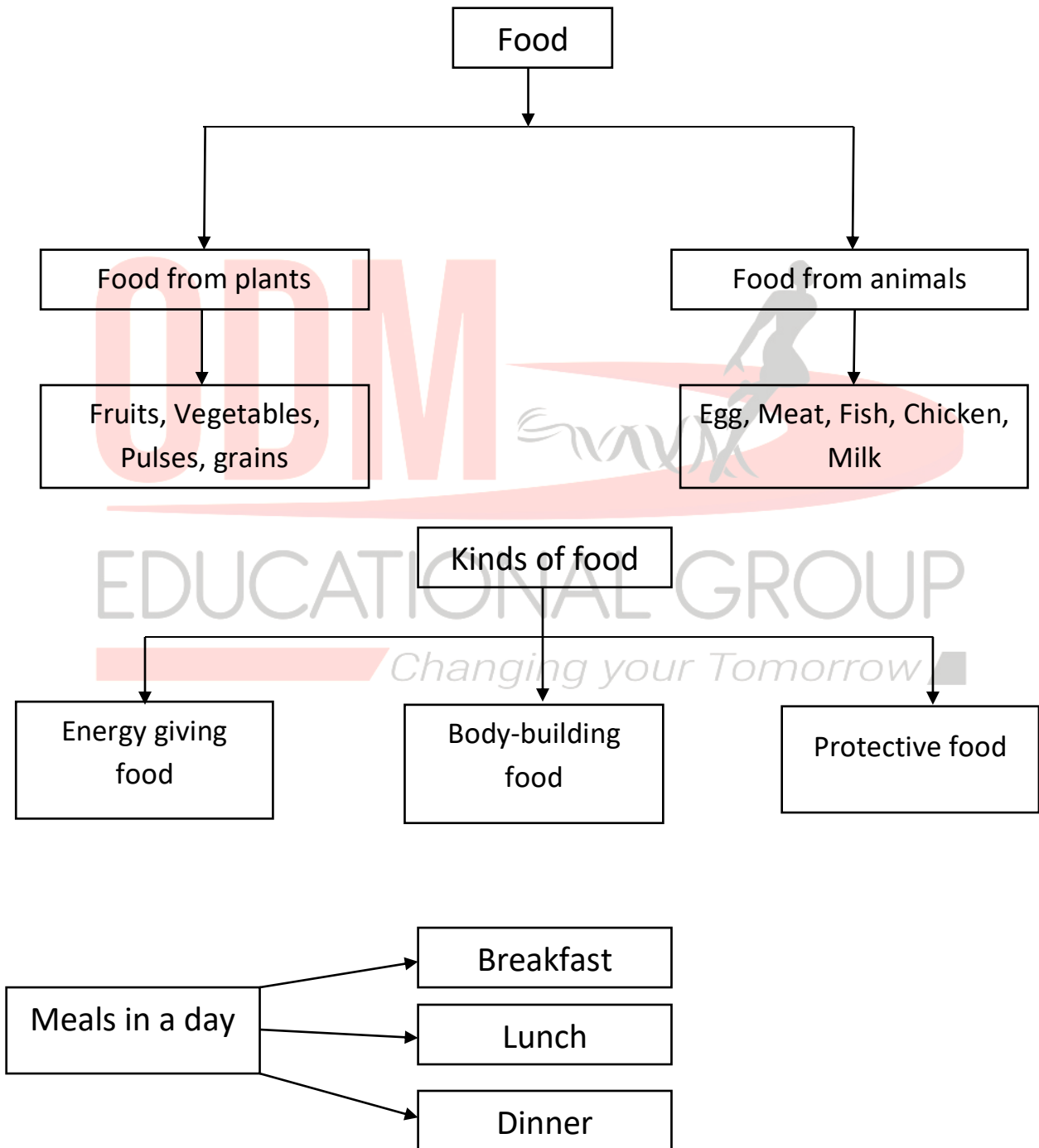
**Balanced Meals:**

- To stay healthy and strong, we should eat balanced meals which contain energy-giving, body-building and protective foods.
- We eat three meals in a day. They are breakfast, lunch and dinner.

**Vegetarians and Non-vegetarians:**

- People who eat only milk products, grains, fruits and vegetables are called vegetarians.
- People who eat both milk products, grains, fruits, vegetables, eggs and meat are called non-vegetarians.

**Memory Map**



**Let's Know More:****1. Fill in the blanks.**

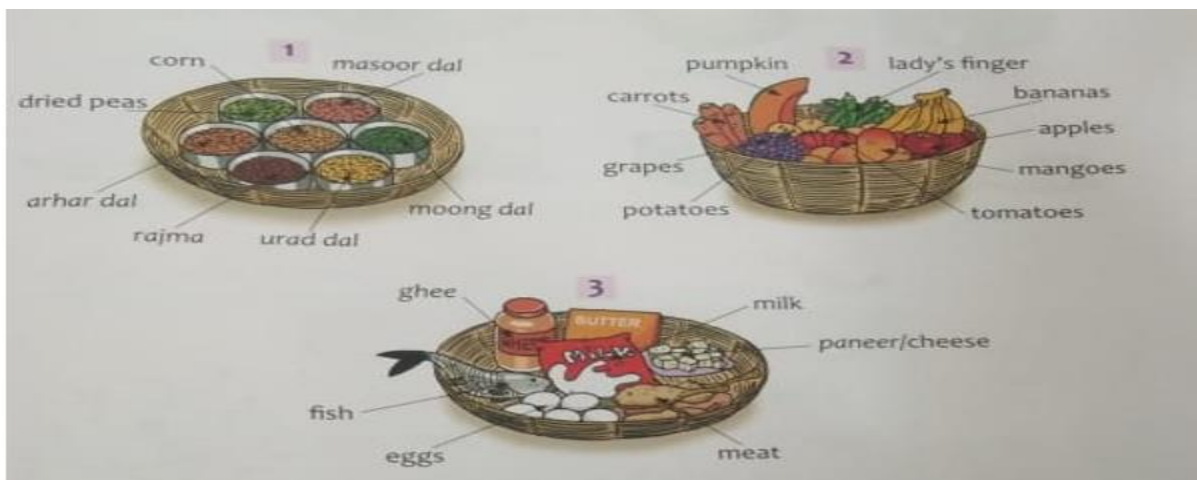
- \_\_\_\_\_ is a complete food.
- We make butter from \_\_\_\_\_.
- Different kinds of dals are known as \_\_\_\_\_.
- We make chappatis from \_\_\_\_\_.
- We eat \_\_\_\_\_ meals in a day.

**Let's Do:****2. In the spaces below, write what you had for breakfast, lunch and dinner yesterday.**

- Breakfast: \_\_\_\_\_
- Lunch: \_\_\_\_\_
- Dinner: \_\_\_\_\_

**3. Mark the sentence as True (✓) or False (✗).**

- We must eat breakfast, lunch and dinner everyday. ( )
- Food makes us healthy and strong. ( )
- Apples, mangoes are oranges are vegetables. ( )
- We get food from animals. ( )
- We must eat different kinds of food. ( )
- The cow gives us cheese. ( )

**4. Look at the three baskets. Baskets 1 and 2 contain foods that we get from plants. Basket 3 contains food that we get from animals. Look at the pictures carefully before you answer the questions.**

- a) Name some pulses in basket 1.  
\_\_\_\_\_
- b) How many fruits and vegetables do you eat from those shown in basket 2?  
\_\_\_\_\_
- c) Which animal products do you eat or drink from basket 3?  
\_\_\_\_\_
- d) Is rice a grain or a kind of meat? \_\_\_\_\_
- e) Name one grain you eat daily. \_\_\_\_\_
- f) Name a fruit that shares its name with a colour.  
\_\_\_\_\_

**Teacher's Note:**

- Make a food chart of healthy and unhealthy food.

**Improve Your GK:**

- Chew your food well.
- Wash your hands well before and after eating.
- Wash fruits and vegetables before eating or cooking.
- Do not talk while eating.
- Eat at fixed hours: Breakfast in the morning, lunch in the afternoon, snacks in the evening and dinner at night.
- Do not overeat or else you get a stomach ache.

**Answer key:**

- 1.
- a) Milk
  - b) Milk
  - c) Pulses
  - d) Wheat
  - e) 3

2.

- a) bread, butter, jam
- b) rice, dal, vegetables
- c) chappati, milk, vegetables

3.

- a) T
- b) T
- c) F
- d) T
- e) T
- f) F

4.

- a) masoor dal, arhar dal, rajma, urad dal, moong dal
- b) fruits – 4, vegetables – 5
- c) cow
- d) grain
- e) rice
- f) orange

