

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**.

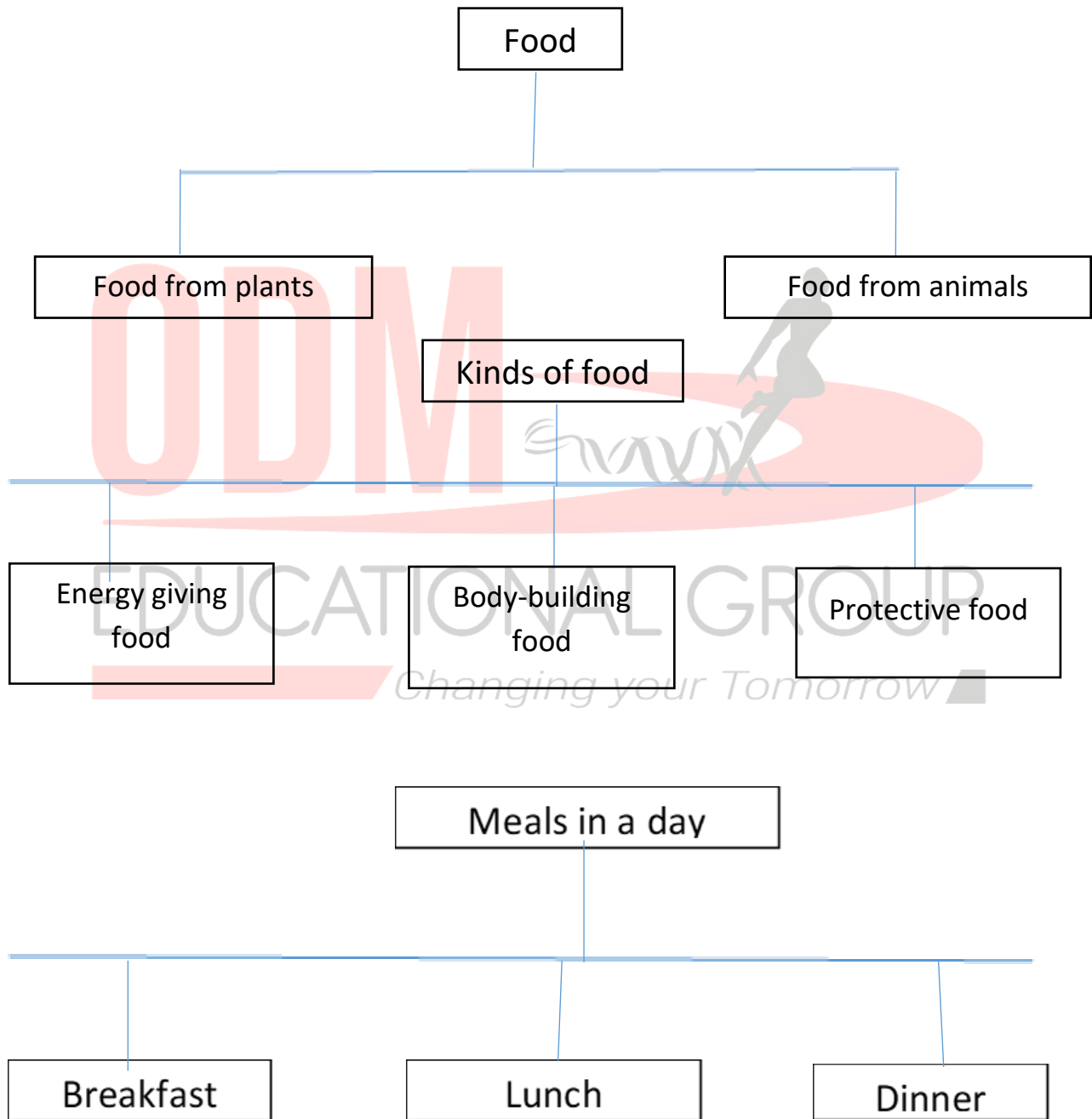
**Balanced Meals:**

- To stay healthy and strong, we should eat balanced meals which contains 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

Q1. 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

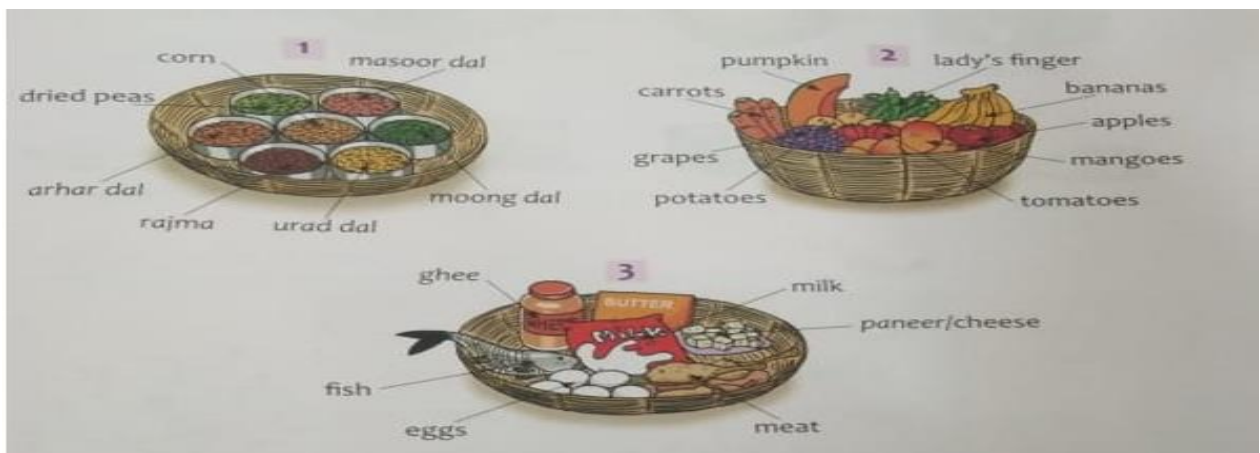
Q2. In the spaces below, write what you had for breakfast, lunch and dinner yesterday.

- Breakfast: _____
- Lunch: _____
- Dinner: _____

Q3. 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. ()

Q4. 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:

- Q1. (a) milk
(b) milk
(c) pulses
(d) wheat
(e) 3

- Q2. (a) bread, butter, jam
(b) rice, dal, vegetables
(c) chappati, milk, vegetables

- Q3. (a) T
(b) T
(c) F
(d) T
(e) T
(f) F

- Q4. (a) masoor dal, arhar dal, rajma, urad dal, moong dal
(b) fruits – 4, vegetables - 5
(c) cow
(d) grain
(e) rice
(f) orange

