



# 5

# THE FOOD WE EAT



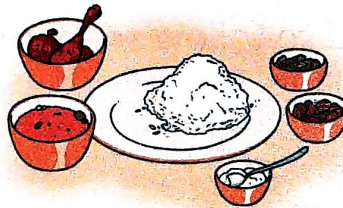
## WARM UP



Tell your teacher the names of five things that you eat or drink every day. Your teacher will write these names on the board. Also listen to what your friends say. Do you all eat the same things every day?



Breakfast



Lunch



Dinner

We all eat food.

We eat three meals in a day. In the morning we eat **breakfast**.

In the afternoon we eat **lunch**.

In the evening we eat **dinner**.

We must drink plenty of water every day.

There are many kinds of food. They help us in different ways.

1. Foods like rice, chappatis, bread, butter and sugar give us energy to work and play.
2. Foods like milk, egg, fish, meat and pulses (*dal* or *paruppu*) help us to grow big and strong.



Teacher's  
Note

Explain the importance of eating healthy and drinking plenty of water. Also explain to students the importance of eating on time and not missing meals, especially breakfast.





3. Foods like fruits and vegetables help our body to fight diseases and stay healthy.

We should eat all kinds of food to stay healthy.

**\* Complete these sentences.**

I eat in the morning for breakfast.

I eat in the afternoon for lunch.

I eat in the night for dinner.

**\* Mark the sentences as true (✓) or not true (X). One has been done for you.**

- 1. We need food to grow. (✓)
- 2. We eat dinner in the morning. (X)
- 3. We eat lunch in the afternoon. (✓)
- 4. We must drink plenty of water. (✓)
- 5. We must eat breakfast in the morning. (✓)



**\* Here are pictures of some fruits and vegetables. Choose three fruits and three vegetables you like to eat and write their names in the blanks.**



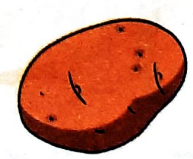
Mango



Cauliflower



Banana



Potato



Pineapple



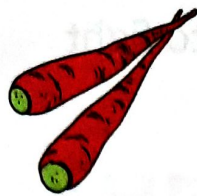
Onion



Orange



Grapes



Carrot



Tomato



Brinjal

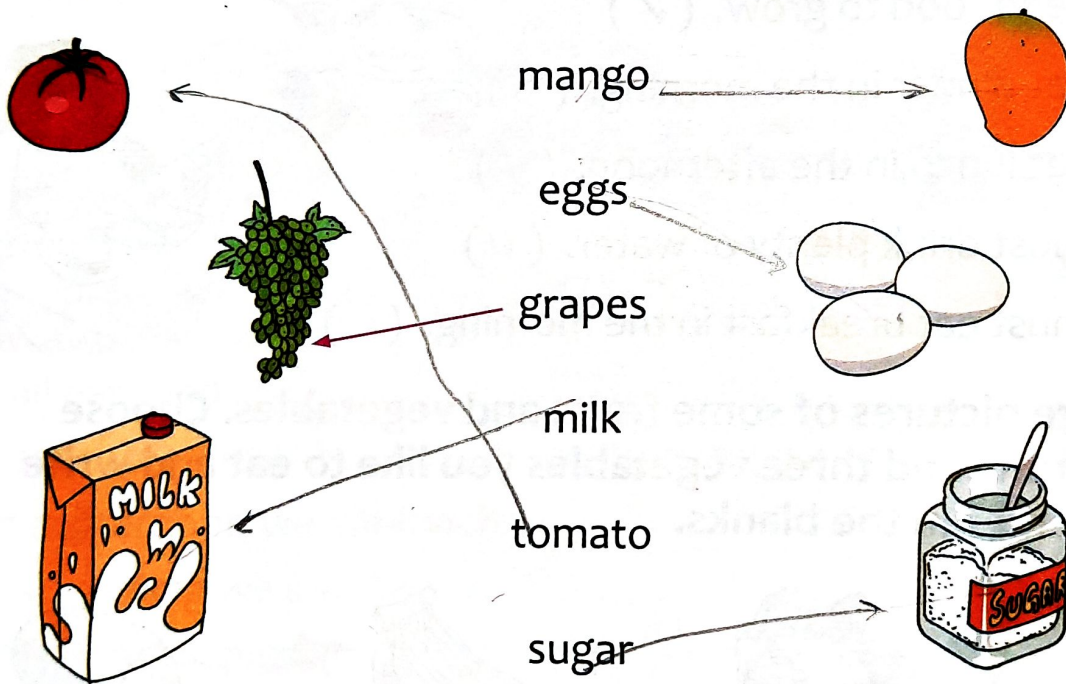
### Fruits

1. Mango
2. Apple
3. Orange

### Vegetables

1. Tomato
2. Brinjal
3. Carrot

\* Match the pictures with their names. One has been done for you.



\* Tick (✓) the correct word.

1. I eat (**lunch**/~~dinner~~) at night.
2. Banana is a (**fruit**/~~vegetable~~).
3. I must drink plenty of (**cold drinks**/~~water~~) to stay healthy.
4. Food that gives me energy is (**bread and butter**/~~fish and eggs~~).



5. (Fruit and vegetables/Rice and chappatis/Milk and eggs) help the body to fight disease.



## ACTIVITY TIME

- Draw or paste pictures of any five fruits and vegetables that you like to eat.
- Use clay or plasticine to make models of the fruits and vegetables you have chosen.
- Your teacher will help you form groups.  
As a group, decide the food you will carry with you for a class picnic.  
Each group can display their menu on the display board in class.



## LIFE SKILLS AND VALUES

### Developing observation skills and good habits

1. Visit your local market with an elder. Make a list of the fruits and vegetables you see there. Share it with your classmates.
2. Which of these things do you do?
  - a. Washing your hands before and after eating
  - b. Eating with your mouth closed
  - c. Chewing your food well
  - d. Not wasting food
3. Many people work very hard to give us the food we eat. We must not waste food.
4. Iti and Aman eat lunch together. Iti does not eat all her lunch. Aman tells Iti not to waste food. Do you think Aman is right? Tell your teacher what you think.

