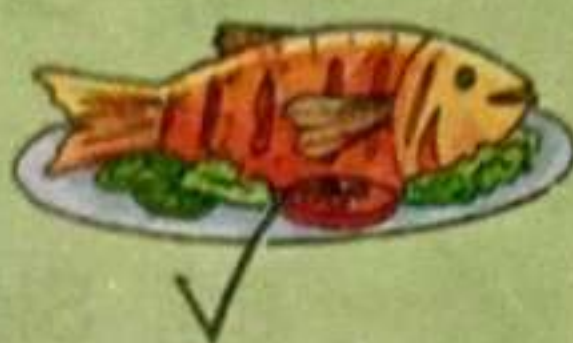
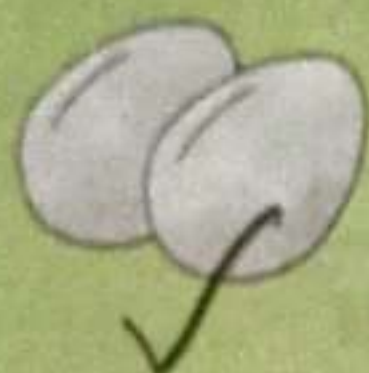




4 My Food Habits

Starter

Put a tick (✓) on the healthy food and circle the junk food.



Do you know why we need food?

We need food

- to get energy to work, think and play.
- for the growth of the body.
- for good health.



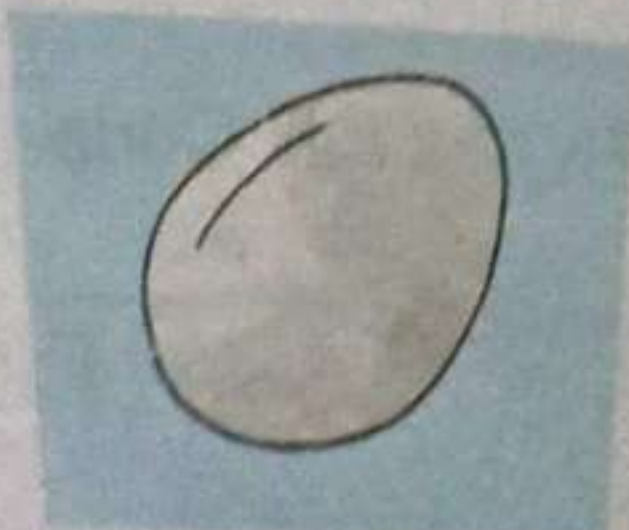
Foods

Different foods help us in different ways:

1. Foods such as milk, eggs, *dal* (pulses) and fish, help us to grow.



Milk



Egg



Fish



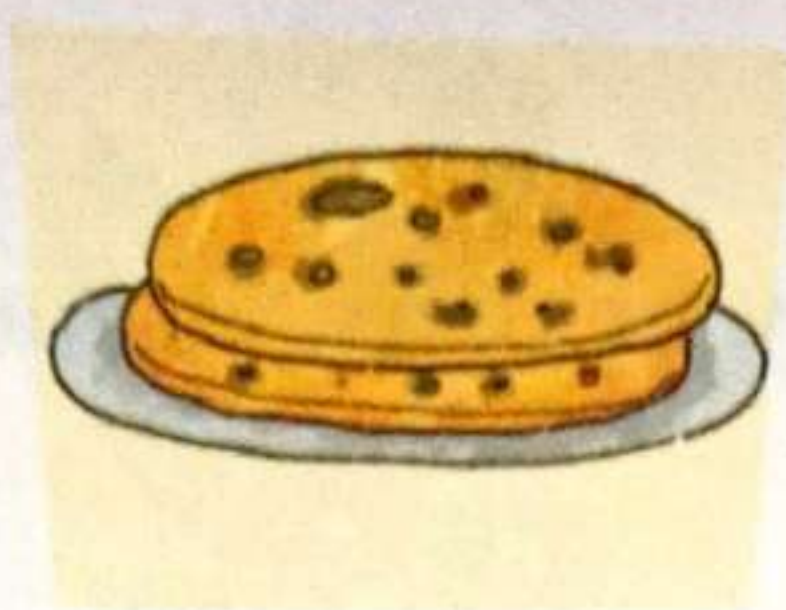
Dal



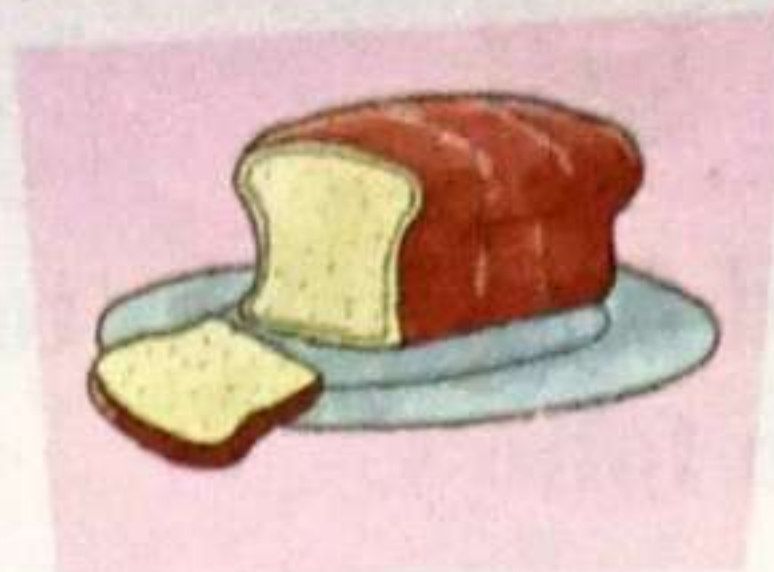
2. Foods such as *chapati*, rice, bread and butter, give us energy.



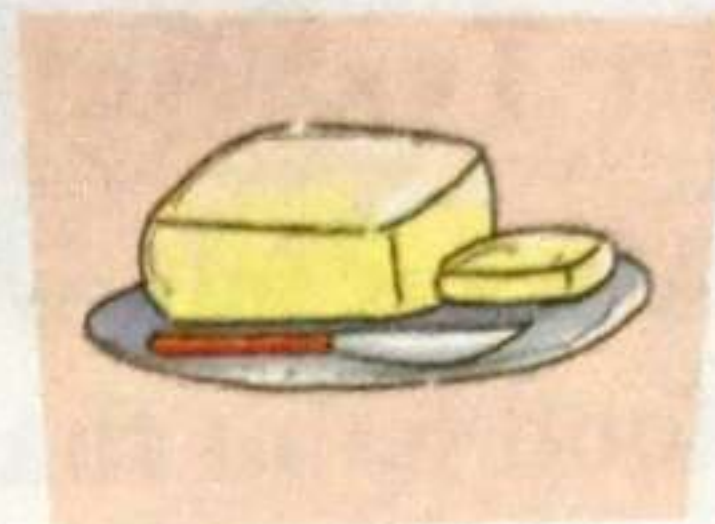
Rice



Chapati

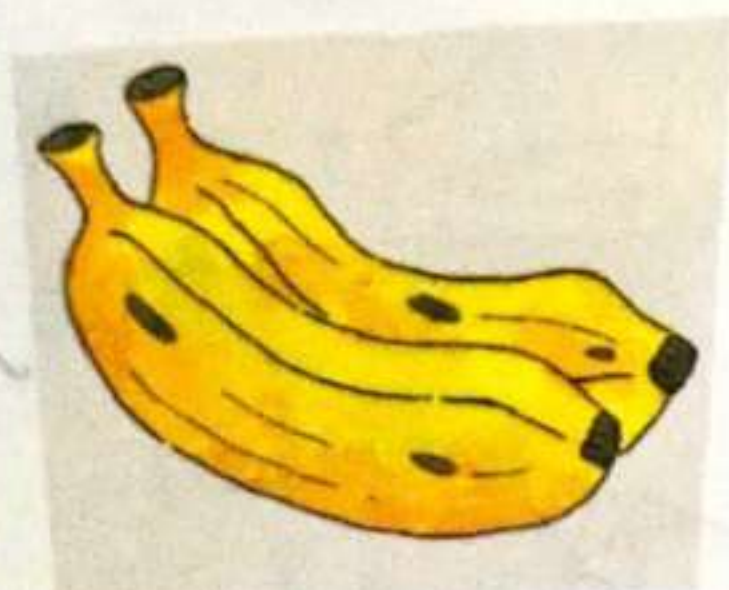


Bread

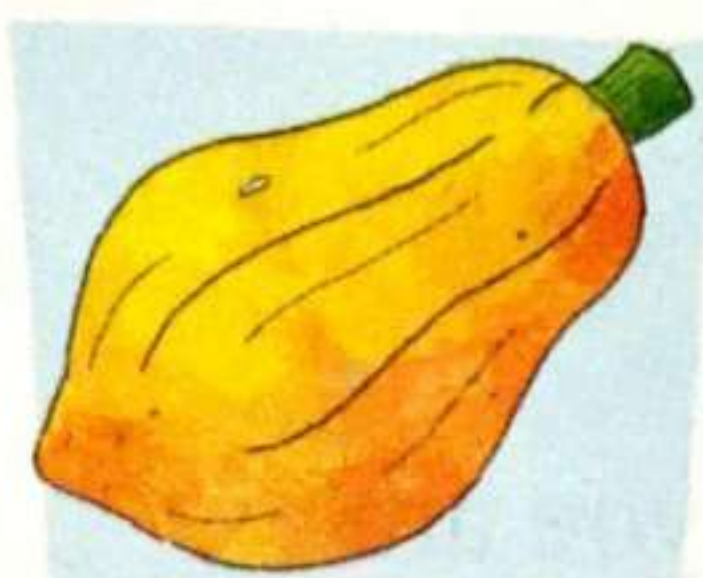


Butter

3. Foods such as fruits and vegetables keep us healthy.



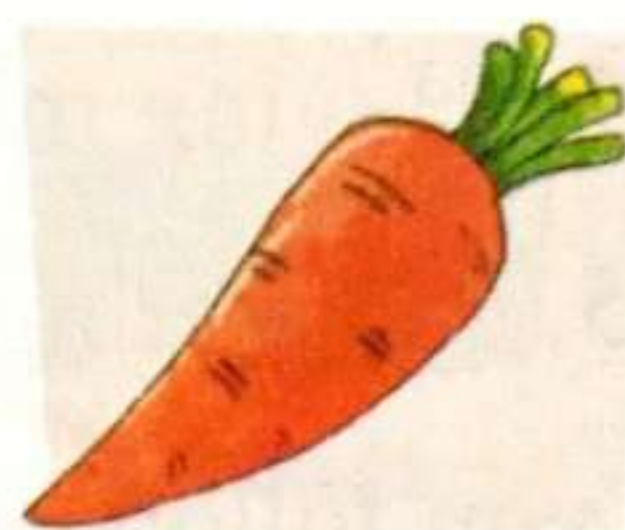
Bananas



Papaya



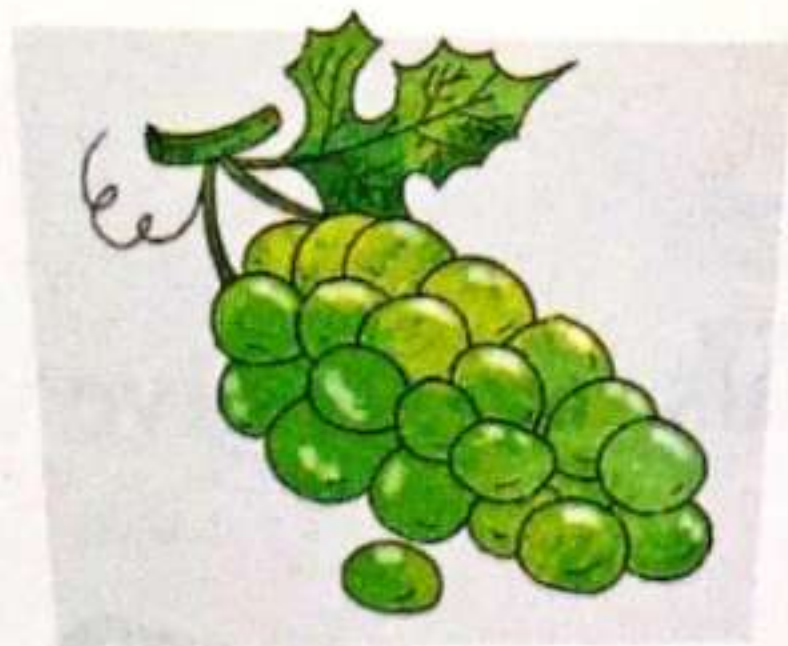
Beans



Carrot



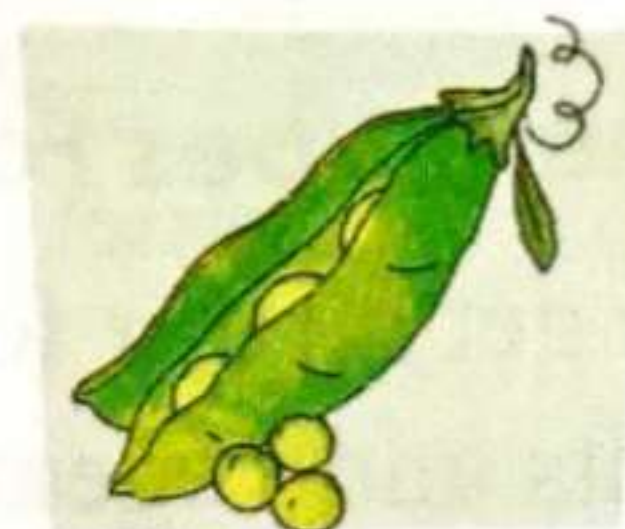
Mango



Grapes



Potatoes



Peas

All these three groups of food are important to us. We must eat food from all the three groups every day.

Meal Time

Meal is the food that we eat at a certain time. We have three main meals in a day.

Breakfast in the morning



Lunch in the afternoon



Dinner at night



Teacher's note:

Discuss the harms of eating junk food and benefits of eating healthy food. Encourage children to talk about different foods.



In-Text Activity



Always follow good food habits to stay healthy. Put a (✓) on the food habit that you follow.

1. Washing hands before and after every meal
2. Eating lots of fruits and vegetables
3. Drinking 8-10 glasses of water daily
4. Having milk and milk products everyday
5. Not eating junk food

If you follow all these good habits, then you are a star kid. Make a star for yourself in the given box.



Where does Food Come from?

We get all our food from plants and animals. Plants give us cereals, pulses, fruits and vegetables.



Cereals



Pulses



Fruits



Vegetables



Physical Development

Granny Says

Always try to eat home made food. It is good for your health.



Testimony

Fact File

Pulses and cereals are together called food grains.



Animals give us milk, eggs, meat and honey.



Milk



Eggs

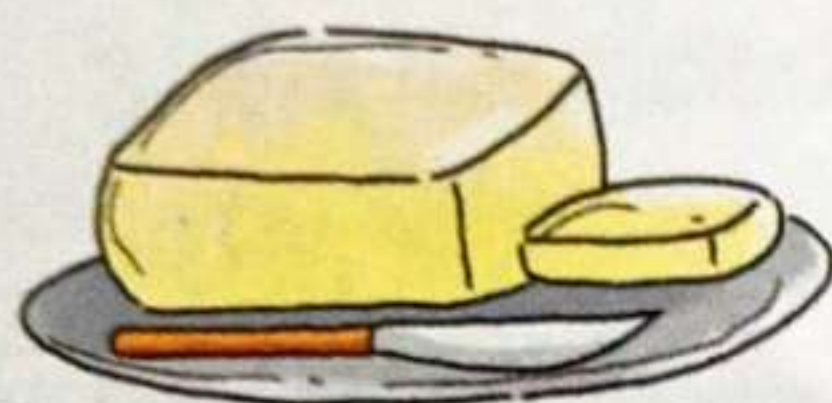


Meat



Honey

Things that we get from milk are called milk products.



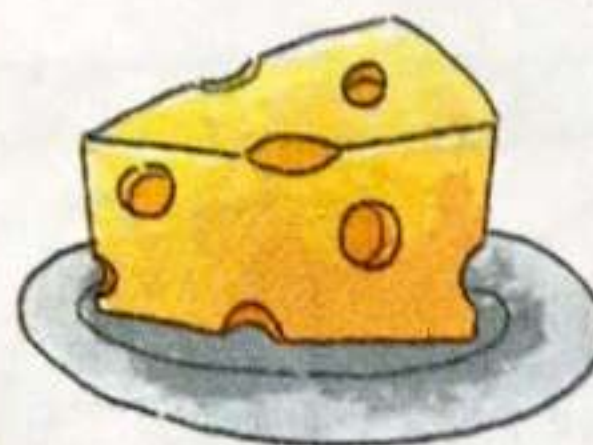
Butter



Cream



Curd



Cheese



Paneer

Now I Know



- We need food to get energy, to grow and for good health.
- Different foods help us in different ways.
- Meal is the food that we eat at a certain time.
- We get our foods from plants and animals.

Let Us Revise



A. Put a tick (✓) on the correct option.

1. We get milk from hen/cow. ✓
2. Burger/apple is a junk food. ✓
3. We get butter/grapes from milk. ✓
4. We get honey from hen/bee. ✓



B. Complete the sentences.

1. We need food to live and grow
2. We get food from plants and animals
3. We must eat food from all the food groups
4. Things we get from milk are called milk products

C. 1. Write any two good food habits.

Eat lots of fruits and vegetables
Do not eat junk food.

2. Write names of 3 food items we get from

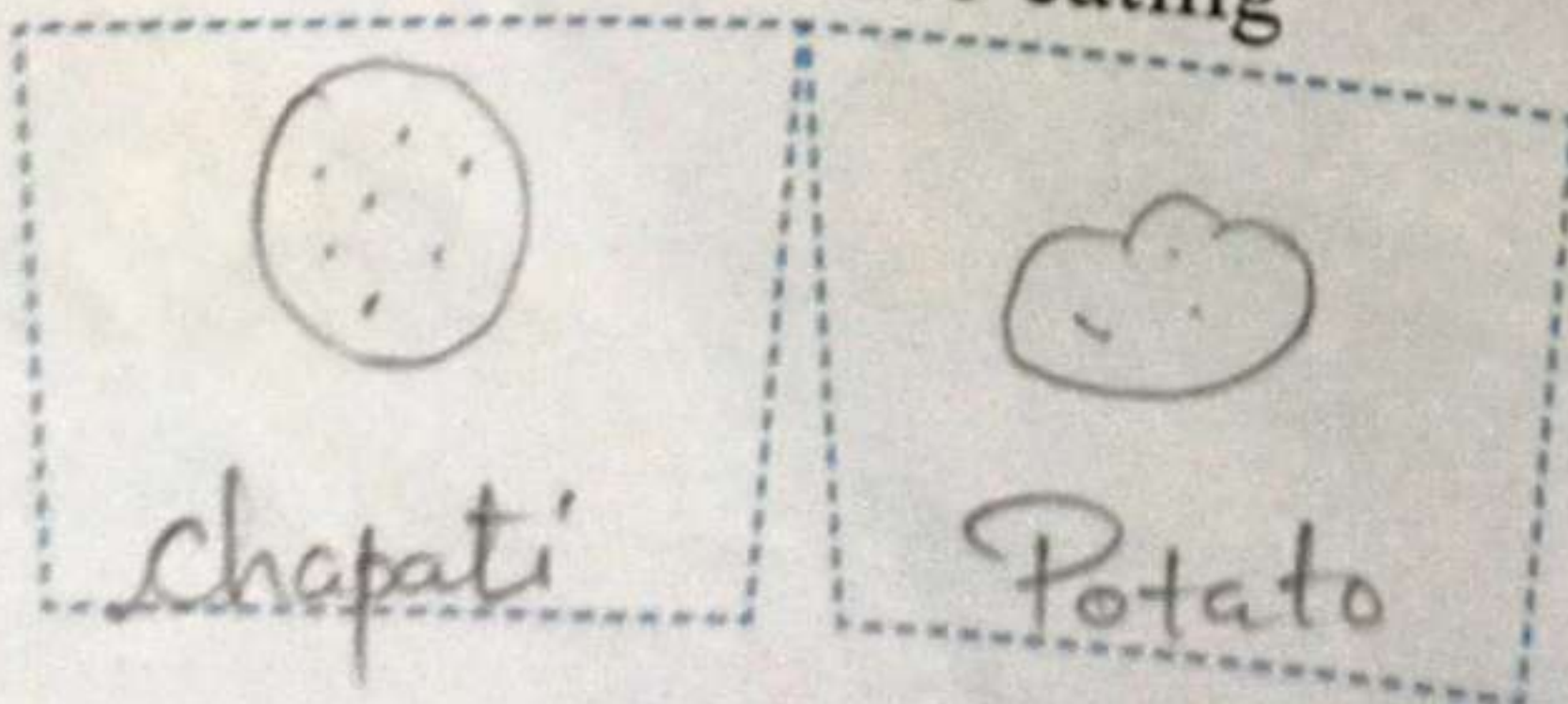
- (a) Plants : fruits, vegetables, cereals
 (b) Animals : eggs, meat, honey

D. Colour the slogan.

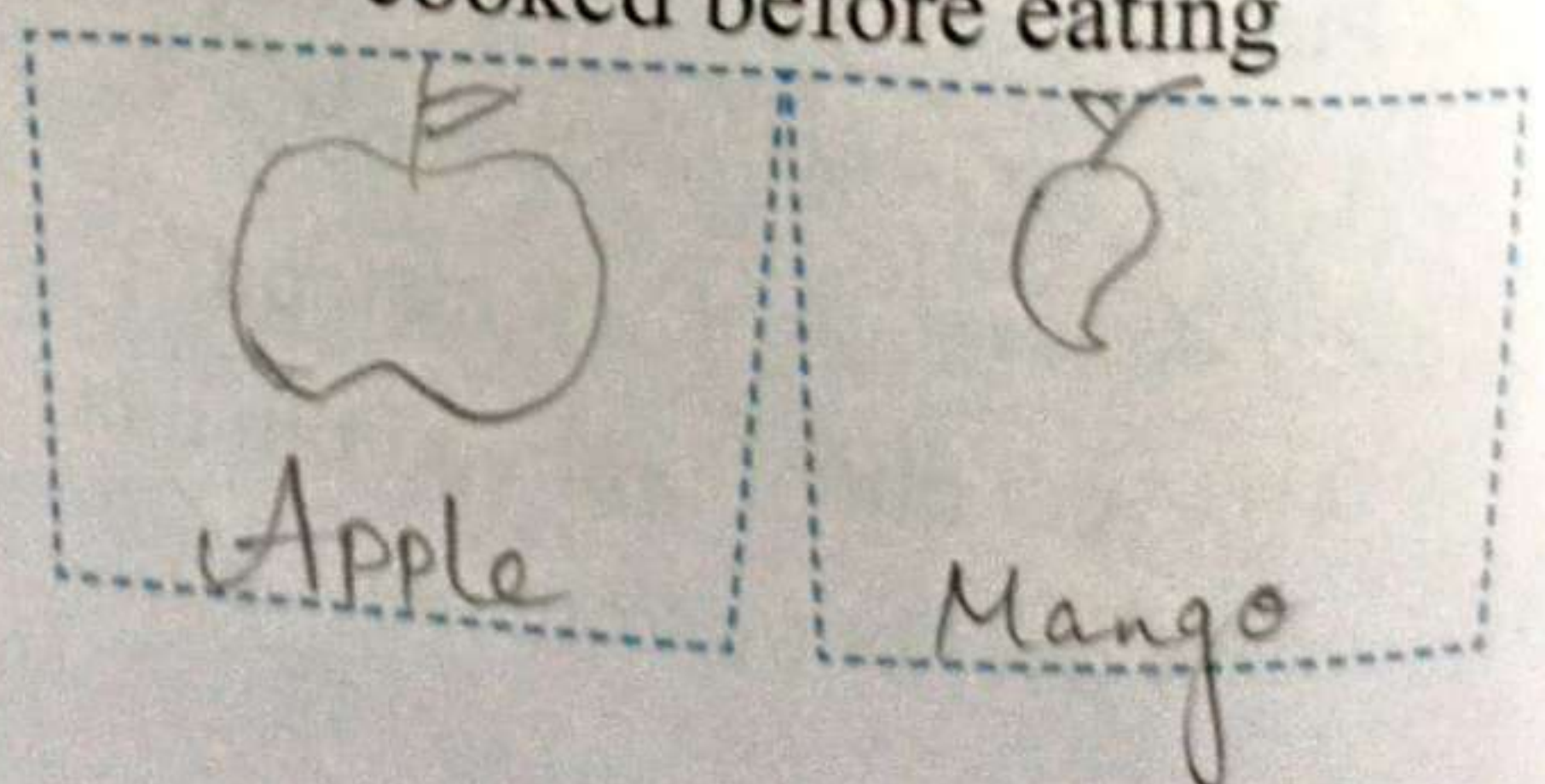
FOOD TASTES
 BETTER WHEN
 EATEN WITH
 FAMILY

E. Draw and write names of two foods

that are
 cooked before eating



that are not
 cooked before eating



F. We should eat a balanced diet. Tick (✓) the correct option:

Physical Development



1. A balanced diet contains

(a) Fruits ✓

(b) Chips ☐

(c) Chocolate ☐

2. Green vegetable is a part of healthy diet.

(a) No ☐

(b) Yes ✓

(c) Cannot say ☐

3. It is not included in balanced diet.

(a) Milk ☐

(b) Pulses ☐

(c) Chips ✓

G. Rita has the given food items. Match to make the suitable pairs of food and activity.

Picture Based Analysis

1.



(a) To run

1- _____

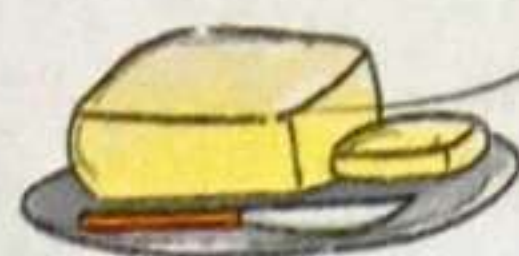
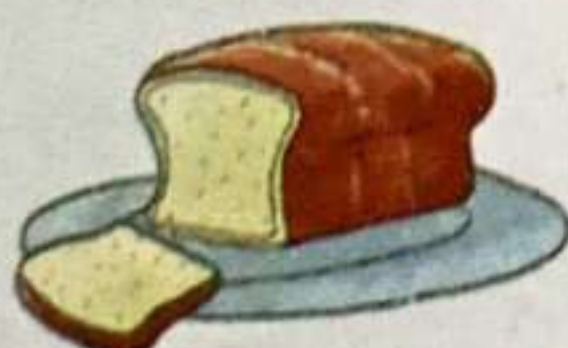
2.



(b) For growth

2- _____

3.



(c) To fight cold

3- _____

Life Skills



We must never waste food. If there is leftover food, we should give it to the poor and needy. Feed animals if possible.

Do you waste food? Tick (✓) the correct face.

SOMETIMES / ALWAYS / NEVER



To get the Worksheet of this chapter scan this QR Code

