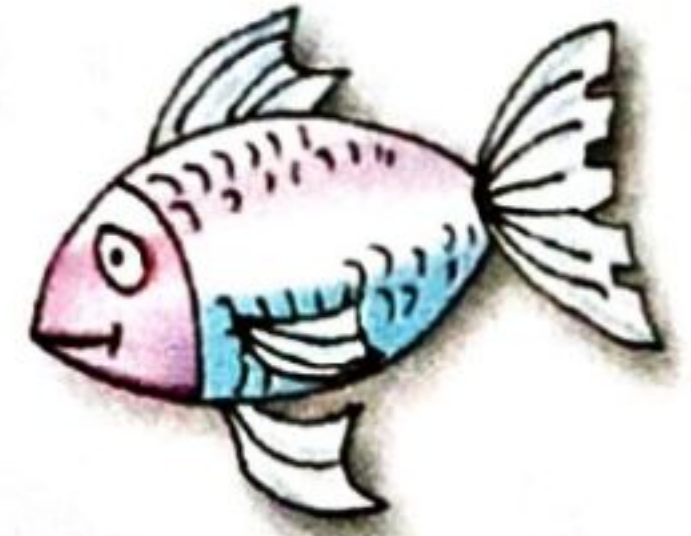




Look at the above picture carefully. Find the type of food the child is eating. Now, discuss in the class why we should not overeat and how this kind of food is not good for our health.

We get foods, from plants and animals.



Food we get from plants.

Food we get from animals.



Rejuggle

Mental Development

Rearrange the words correctly.

1. B E A R K A F T S

BREAKFAST

2. N E R N I D

DINNER

3. G Y E N E R

ENERGY

4. T I V E P R O T E C

PROTECTIVE

We must have our food at fixed intervals of time. Breakfast, lunch and dinner are the three important meals of the day.

Breakfast is the first meal of the day. We eat breakfast in the morning.

Lunch is the meal we eat in the afternoon.

Dinner is the meal we eat at night.



A person having a meal.



Think and Answer

A. Answer the following questions orally.

Communication

1. Name some different types of fruits?
2. What do you eat for breakfast?
3. What is your favourite food?

B. Circle the correct words.

Remembered Perception

1. Food helps us to grow and become strong/weak.
2. Breakfast is the first/last meal of the day.
3. Cucumber is eaten raw/cooked.
4. Do not eat/overeate.
5. Do not eat healthy food/junk food.

C. Match the following.

Remembered Perception

- | | | |
|--------------|---|-----------------------|
| 1. Breakfast | c | a. Helps in digestion |
| 2. Lunch | d | b. Protective food |
| 3. Dinner | e | c. Morning |
| 4. Water | a | d. Afternoon |
| 5. Fruits | b | e. Night |

D. Answer the following questions.

Remembered Perception

1. Why do we need food?
2. Where do we get food from?
3. What is the difference between vegetarians and non-vegetarians?
4. Why do we cook food?
5. How is water important for our body?

E. What do you think will happen if there is no more food to eat the world?

Non-Perceptual



Do and Learn

F. Write **E** for energy-giving foods, **B** for body-building foods and **P** for protective foods.



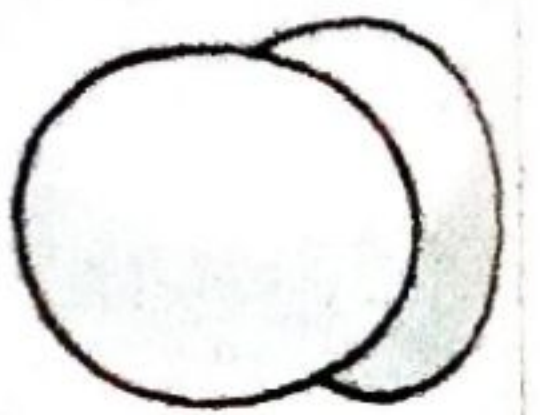
P



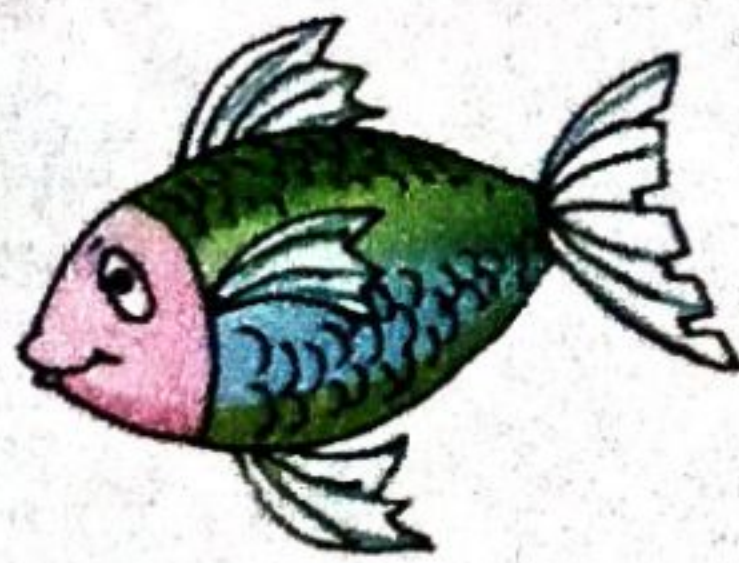
E



P



B



B



B



E



B



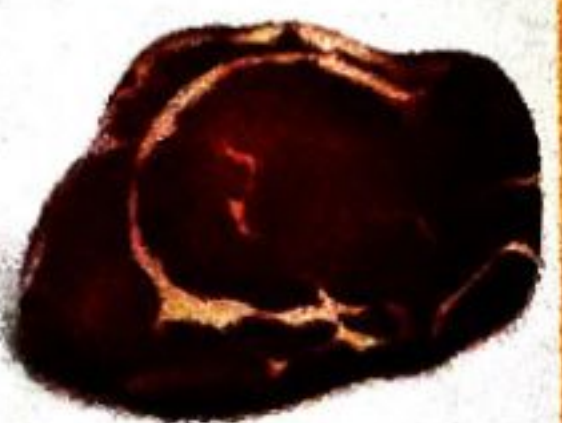
B



E



P



B