

My Food Habits

Direct Perception


I Can Do

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

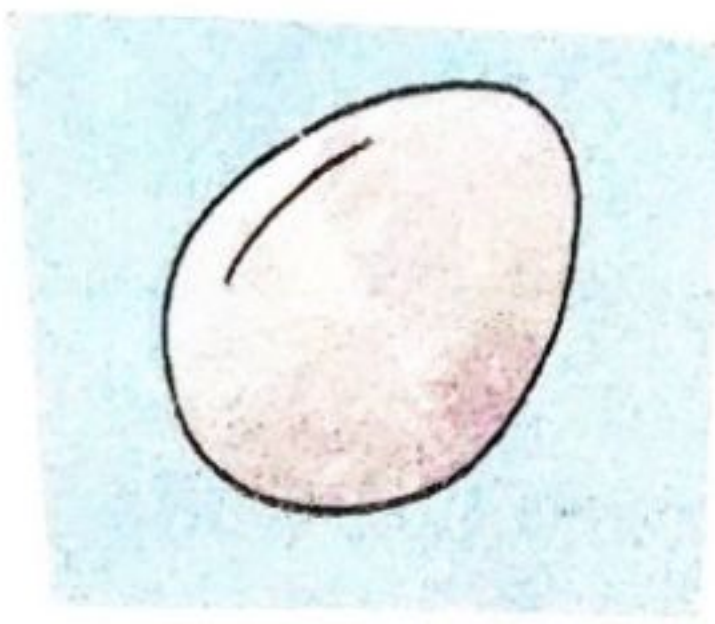


Different foods help us in different ways:

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



Milk



Egg



Fish



Dal



Think and Do

Intellectual Development

Always follow good food habits to stay healthy. Put a (✓) on the food habits 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 every day.
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?



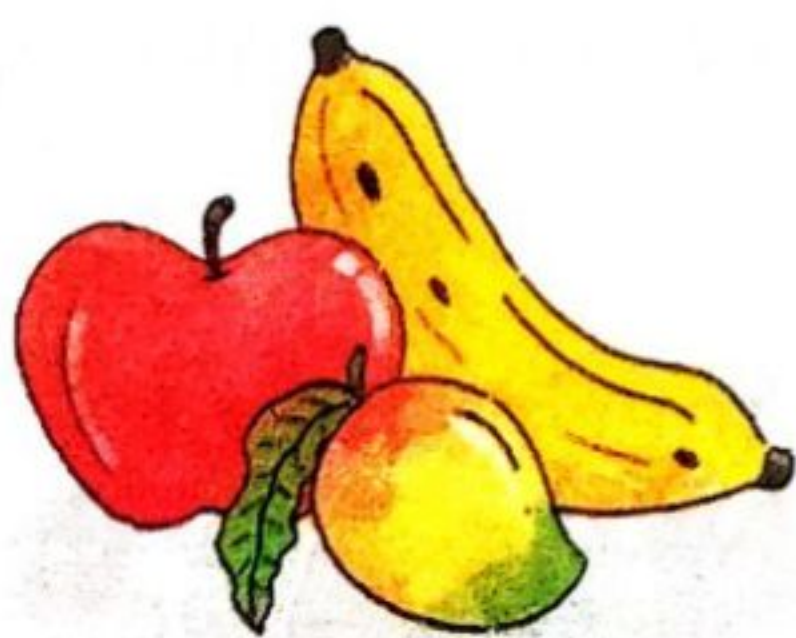
We get all our food from plants and animals. Plants give us cereals, pulses, fruits and vegetables.



Cereals



Pulses



Fruits



Vegetables

Granny Says



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

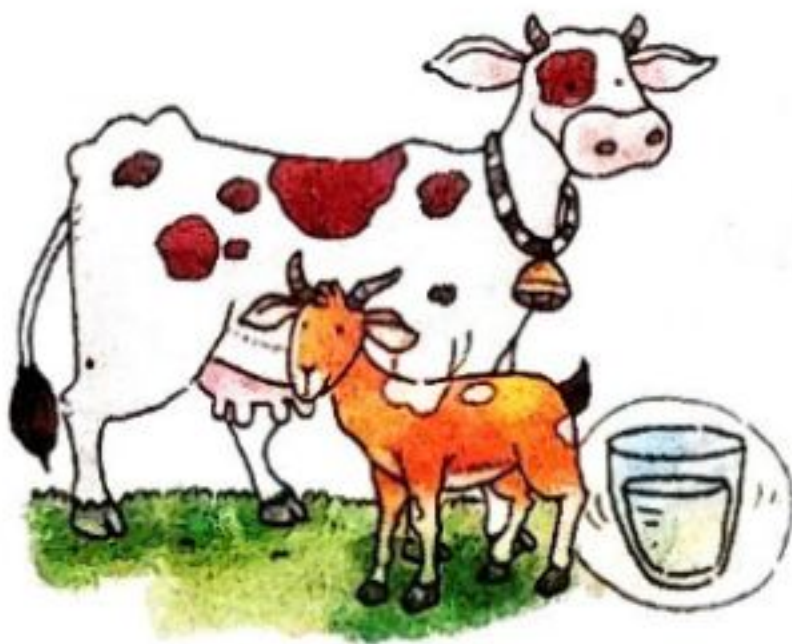


Testimony

Infobits

Pulses and cereals are together called food grains.

Animals give us milk, eggs, meat and honey.



Milk



Eggs

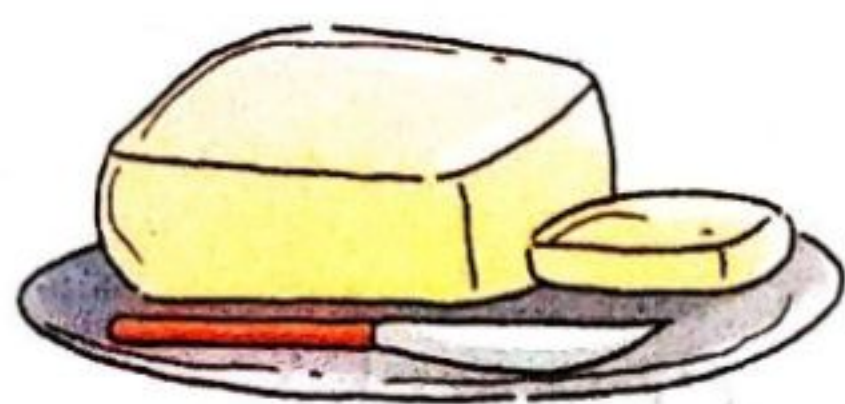


Meat



Honey

Things that we get from milk are called milk products.



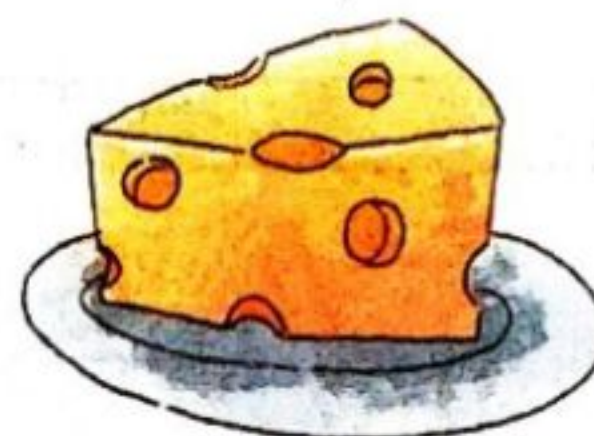
Butter



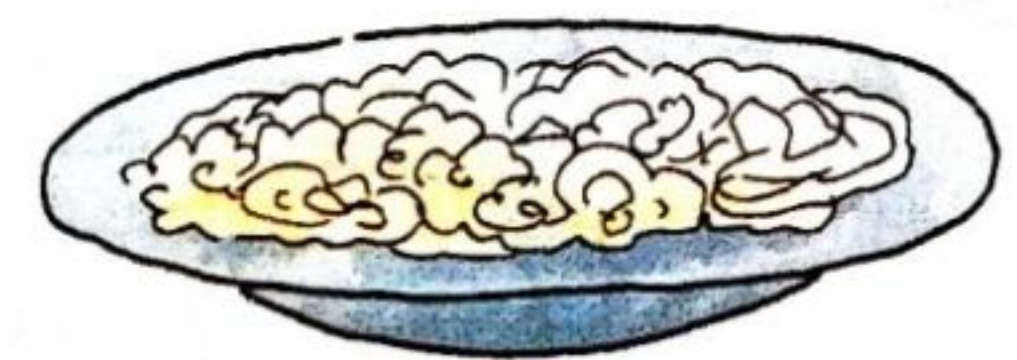
Cream



Curd



Cheese



Paneer

A Look Back

- 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.

Practice Path



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/honey bee. ✓

Remembered Perception

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

Exploration

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:

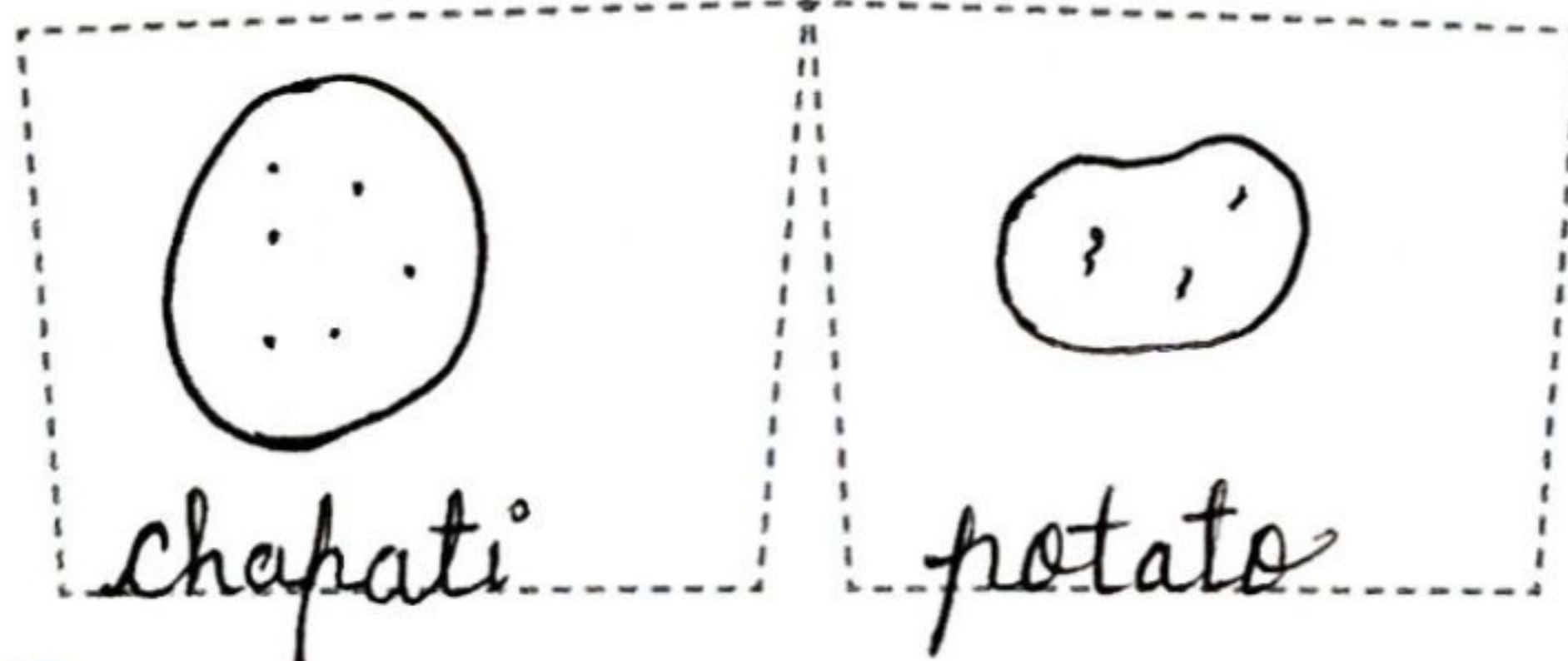
- (a) Plants : fruits, vegetables, cereals
 (b) Animals : milk, egg, honey

Art Integration

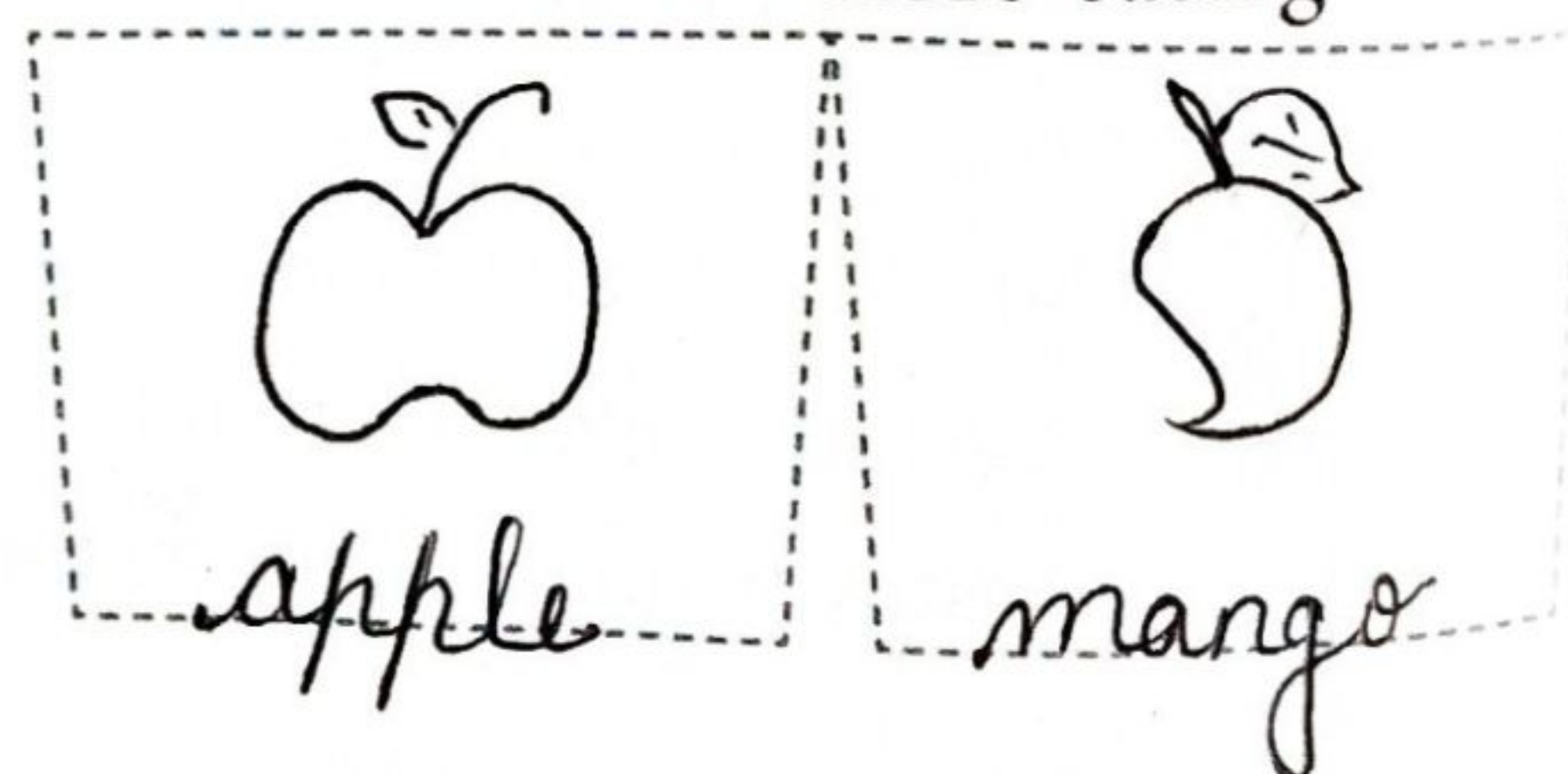
D. Colour the slogan.**E. Draw and write names of two foods:**

Creativity

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

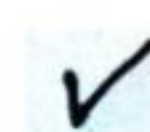


2. Green vegetable is a part of healthy diet.

(a) No



(b) Yes



(c) Cannot say



3. It is not included in balanced diet.

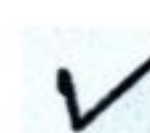
(a) Milk



(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

2.



(b) For growth

3.



(c) To fight cold



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



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