

Water

Our body needs a lot of water. Water helps us to digest the food we eat. It helps us in throwing out the undigested food from our body. We should drink at least six to eight glasses of water every day.



drinking water

How many glasses of water do you drink every day?

Cooking Food

We cook most of the things before we eat them. Some vegetables like **carrot, radish, tomatoes** and fresh fruits can be eaten raw.



fruits and vegetables

People who do not eat **fish, eggs** and **meat** are called **vegetarians**.

People who eat **fish, eggs** and **meat** are called **non-vegetarians**.

We should eat food at regular intervals.



PRACTICE EXERCISE – SECTION A

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Tick (✓) the correct answers.

1. Plants give us cereals like

(a) rice



(b) apple



(c) tomato



2. The food that we do not eat raw

(a) carrot



(b) rice



(c) radish



B Circle the odd one in each group.

1. work

grow

play

star

2. milk

hockey

fish

egg



PRACTICE EXERCISE – SECTION B

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Tick (✓) the correct answers.

- People who eat fish, eggs and meat are called
 (a) vegetarians (b) wrestlers (c) non-vegetarians
- Which of the following food is an energy-giving food?
 (a) rice (b) milk (c) egg
- What do you do to keep yourself healthy?
 (a) eat fruits and vegetables
 (b) drink water
 (c) both of these

Value Corner

B Fill in the blanks correctly with the words given below.

bones food three

- There are *three* main kinds of food.
- Body building foods build up our *bones* and muscles.
- We cannot live without *food*

C Answer the following questions.

- What are energy-giving foods?
- What are body-building foods?
- What are protective foods?
- Who are vegetarians?



ACTIVITY

Look at these pictures of food items. Circle the food items that give our body energy with a red crayon, those that help to build up our body with a green crayon and those that protect us from diseases with a blue crayon.

