- We must chew our food well and eat slowly.
- We should not talk or laugh while eating.
- We should always use clean plates and dishes.
- We must always eat fresh, balanced and nutritious food.
- We should not waste food because each food grain is precious.

Bits of food get stuck between our teeth. So, we must clean our teeth after every meal. We should rinse our mouth with water after eating.

We must have good food habits to stay healthy. We should not overeat.



brushing



rinsing our mouth



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. We get energy to work and play from
   (a) water ○ (b) sweets ○ (c) food ✓
2. The meal we take in the afternoon is called
   (a) breakfast ○ (b) lunch ✓ (c) dinner ○

B Circle the odd one in each group.

1. dal rice stone fish
2. banana apple grapes sugar



PRACTICE EXERCISE – SECTION B

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

A Tick (✓) the correct answers.

1. The food that can make us fat is
   (a) junk food ✓ (b) milk ○ (c) fruit ○
2. We should store food in
   (a) a box ○ (b) an almirah ○ (c) a refrigerator ✓

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

talk wash clean water

1. We must drink plenty of ...water..... to stay healthy.
2. We should .....wash..... fruits and vegetables with clean water.
3. We should not ...talk..... while eating.
4. We should always use ...clean..... plates.

C Answer the following questions.

1. Why should we eat a balanced diet?
2. Why do we eat food?
3. Why should we not buy food from the roadside vendors?
4. Write two good food habits.
5. Look at the picture and talk about what is happening. Also talk about why it is wrong.

Value Corner



ACTIVITY

Collect pictures of different kinds of foods from magazines or newspapers or both, and paste them into your scrapbook. Name the pictures as body-building foods, energy-giving foods or protective foods.