



0335CH08

# Food We Eat

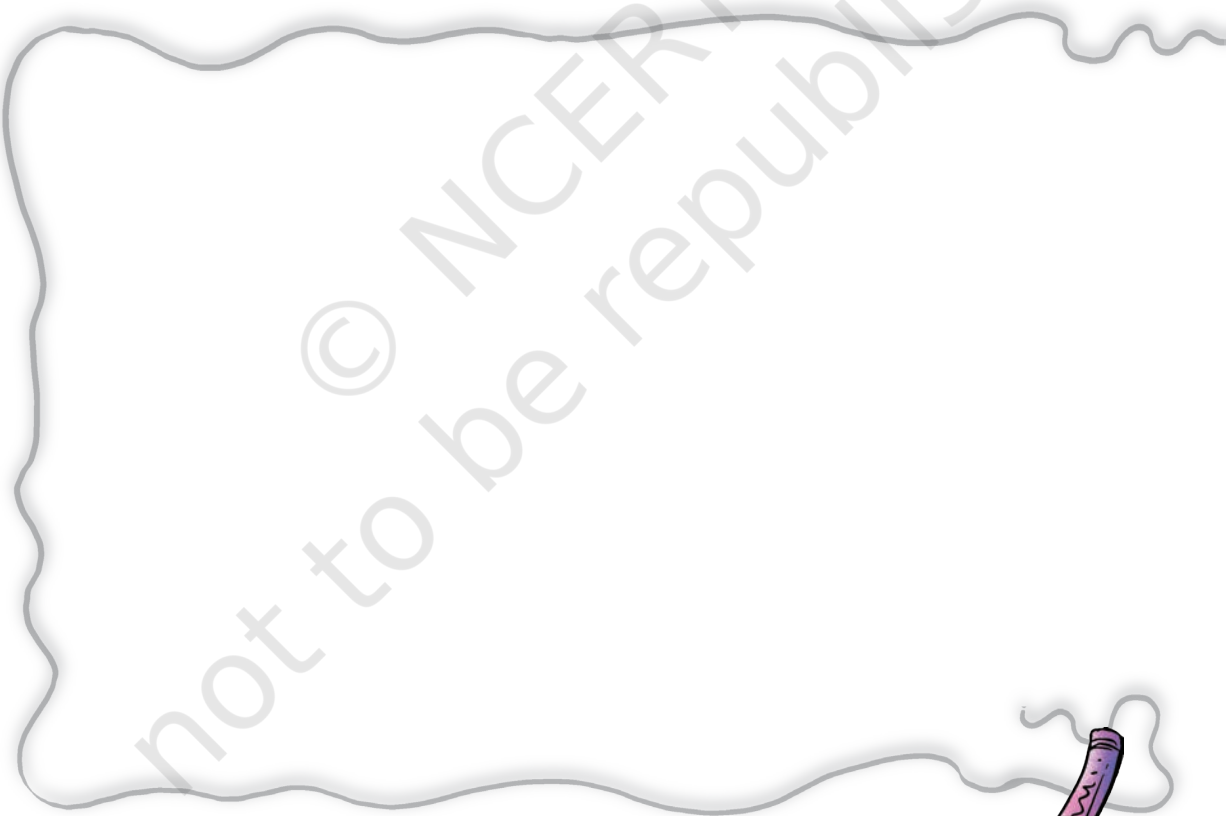


## My Favourite Food



Draw

Draw pictures of your favourite homemade food dishes and name them.





## Activity 1

Share your reasons for why you like the food items you have drawn.

We all like to eat and drink different things. Some of these food items are sweet, some are sour, some are spicy and some are bitter. We eat fruits, we eat vegetables and we eat rice, dal or *roti*. We drink milk, *lassi* or juice. Have you wondered why we eat and drink?



## Do you know?

*Chhappan bhog* is special food prepared on festivals and auspicious occasions in honour of guests, friends, and family. It contains 56 varieties of food items representing a harmonious blend of six tastes: sweet (*meetha*), spicy (*teekha*), astringent (*kasaila*), sour (*khatta*), salty (*namkeen*) and bitter (*karva*).



## Find out

Talk to the elders in your family and discuss in the class: Why do we need to eat and drink?

## Story of Shirin — the Runner

Shirin was in Class 3. She used to run very fast. She ran faster than everyone in the class. One day, during a sports event in the school, Shirin met a runner who was a champion and had won many medals. Shirin asked the champion, “How can I run like you and win medals?”

### Note to the Teacher

Ask children about their favourite food items. Write the names of these food items on the board and encourage the children to speak about them.





The champion told Shirin that she could also become a champion if she practised a lot and ate healthy food. Shirin said, “I practise a lot, but I often fall sick.” The champion asked, “What do you eat?” Shirin said, “I like only rice and potatoes.” The champion laughed and said, “Shirin, it is good that you eat rice and potatoes, but you must eat a lot of other things as well, to have a strong and healthy body.”



“Eat different kinds of vegetables and fruits. Eat things made from different kinds of grains, like rice, *ragi*, *jowar*, wheat, *bajra* and many others. Eat pulses (*dal*) and nuts. It is always good to eat food cooked at home.”



Shirin followed the champion’s advice. She practised harder and started eating a variety of food items cooked at home. She understood the



value of a balanced diet. After a few months, she could run faster than before. She felt energetic and healthy. Recently, she won a medal for her school in a running event.



**DISCUSS**

Why do we need to eat healthy food?



**Activity 2**

Tick the food items you eat regularly from the pictures given below.



Vegetables



Salads



Fruits



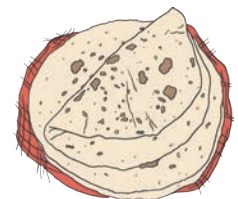
Sweets



Rice



Dal



Roti



Milk



Snacks



Lassi

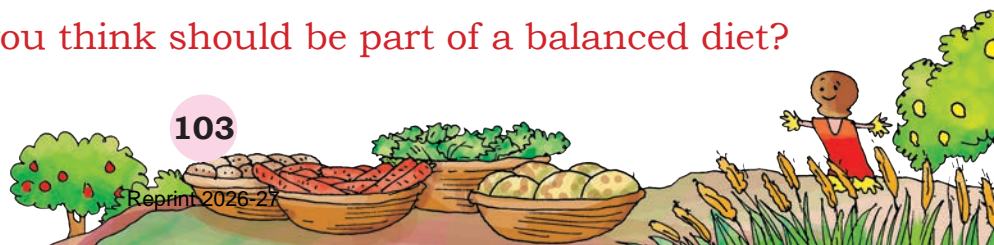


Juice



Paneer

Which foods above do you think should be part of a balanced diet?



## We Eat Different Things

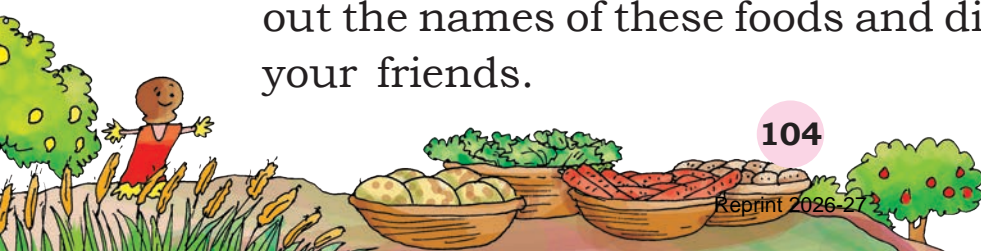
Elders in our family cook different foods during summer and winter. When it is hot, we love to eat *kulfi* or ice-cream and drink tender coconut water. In winter, we eat warm food, soups and stew and enjoy hot drinks. We get different fruits and vegetables in different seasons. We get mangoes and melons in the summer and plenty of apples in the winter.



Make a list of fruits and vegetables available and special food items that are prepared in the summer and in the winter.

Summer	Winter

In different parts of our country, people eat a variety of delicious foods. Are there some dishes that you have heard about but have not tasted yet? You, your friends or family members may have travelled to different places and found different types of foods eaten there. Someone you know may be staying in another part of the country and eating some food items different from what you eat. Find out the names of these foods and discuss them with your friends.



Name these drinks in your language.



Tender Coconut  
Water



Mango Juice



Aam Panna



Orange Juice



Lime Water

During the summer, the weather is hot. We sweat a lot. When we sweat, we lose water from our body. That is why, in the summer we drink more water, buttermilk, *nimbu pani* (lime water), *aam panna*, sugarcane juice or tender coconut water.

We also sweat when we play or do any physical activity. We should drink water frequently.

**How often do you drink water?**

Our body needs a lot of water. We cannot live without water. That is why we often say, 'water is life'.

**Where does food come from?**



- Do you know which foods are grown in the fields? Write a few names of such crops.
- Discuss and write down in what form some of these foods are cooked.



We eat different parts of plants. Some examples are given below. Put a tick (✓) against the items that you eat.

Leaves



Spinach  
(Palak)



Fenugreek  
(Methi)



Cabbage



Mustard

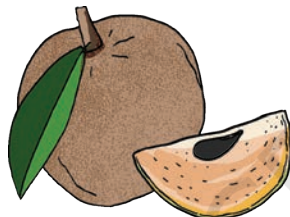


Coriander  
(Dhaniya)

Fruits



Guava



Sapota

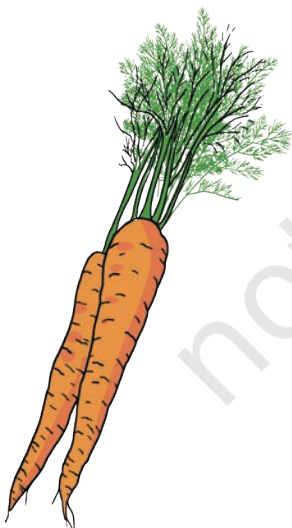


Apple

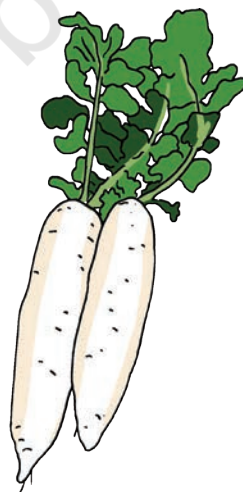


Mango

Roots



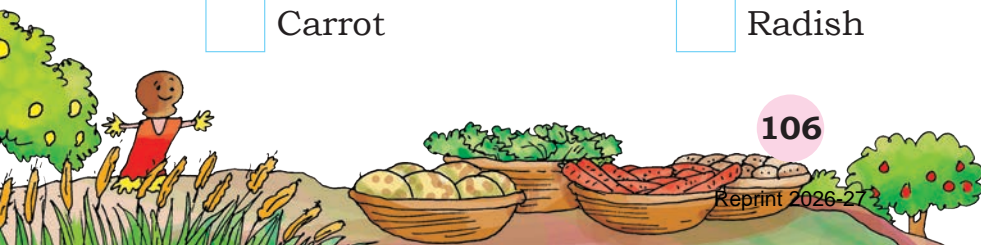
Carrot



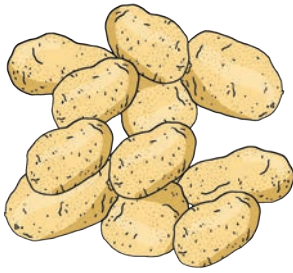
Radish



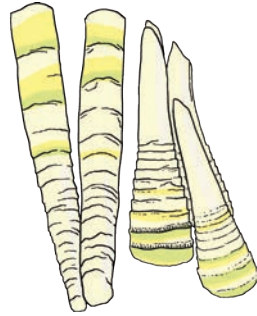
Beetroot



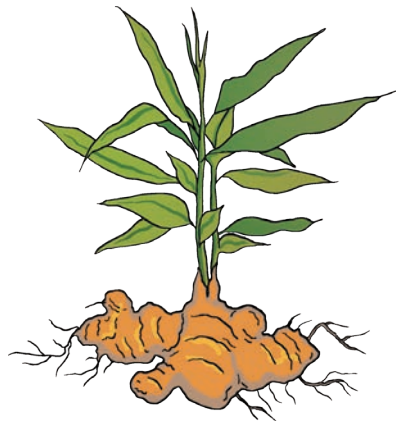
Stems



Potatoes



Bamboo shoots



Ginger

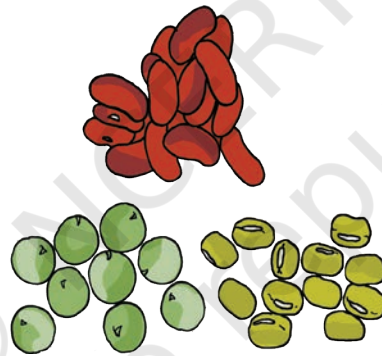


Onion

Seeds



Grains



Pulses



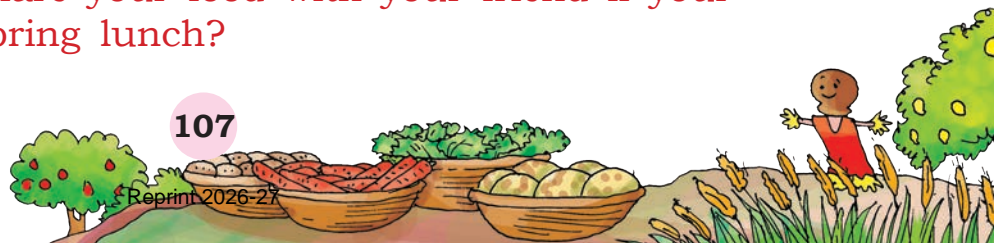
Dry fruits

Some people also eat things that are taken from animals, such as milk, curd, *ghee*, cheese, *paneer*, honey, eggs and meat.

**Puzzle Time**

Two of our most commonly used ingredients are neither obtained from plants nor from animals. Name at least one of these ingredients.

Would you share your food with your friend if your friend does not bring lunch?



**Let us reflect**

**A. Discuss**

1. Why do we need different kinds of food?
2. Why do we eat seasonal foods?
3. How can you tell if a food is healthy or unhealthy?
4. Why is it important to avoid wasting food? Can you think of some ways to reduce food waste at home?

**B. Write**

1. List the fruits and vegetables eaten in your family.
2. Write the recipe of your favourite dish.
3. Write a name of a food item that includes both plant and animal based ingredients. For example, *lassi* includes yogurt/curd which is prepared from milk (animal based ingredient) and sugar which is prepared from sugarcane (a plant based ingredient).

**C. Draw**

1. Draw three plates or *thalis* with various food items in your notebook.
2. In these plates draw and label food items that you eat in the morning, afternoon and at night.

**D. Eating together**

Bring any fruit to the class. Prepare a fruit *chaat* or salad with the help of your teacher. Share it with your friends.

**E. Think**

Imagine you suddenly have a guest visiting your home. What kind of food would you serve them and why?

