

Food

Food helps us to grow. Food gives us energy.

Food makes us healthy and strong.

We get food from plants and animals.

Types of food

- **Energy giving foods**
- **Body building foods**
- **Protective foods**

Energy giving foods :

Some foods give us energy and strength. They are called energy – giving foods.

Ex: Rice, wheat, sugar, butter, sweets, potatoes etc.,

Body building foods:

Some foods build up our body. They are called body building foods.

Ex: Pulses, peas, milk, eggs, fish, meat etc.,

Protective foods:

Some foods protect us from diseases. They are called protective foods.

Ex: Green vegetables and fresh vegetables etc.,

- **People who eat fruits, vegetables, cereals and pulses are called vegetarians.**
- **People who also eat meat, fish and eggs are called non – vegetarians.**

➤ **Milk is called complete food**

Plant foods:

Fruits,vegetables,cereals and pulses.

Animal foods:

Meat,fish,egg,chicken and Milk

Many things made from milk

Butter,curd,ghee,buttermilk,cheese,ice creams,sweets are made from milk.

Fill in the blanks

- 1)We should eat fresh food
- 2)We must chew food properly
- 3)We should drink plenty of water.
- 4)Food keeps us healthy.
- 5)Food gives us energy.

Answer the following

1)Name two fruits that you like.

Ans:Apple and Grapes(any fruits)

2)Name two things you like to have in your breakfast.

Ans: Dosa and Poori.(Any food)

3)What helps to digest your food?

Ans:Water helps us to digest our food.

4)Name some vegetables that you eat raw.

Ans:Carrot, ladies finger,onion,tomatoetc.,

5)Name three things that you get from animals.

Ans: Meat,Milk and egg .

Clothing and shelter

- **We need clothes to protect us from heat, cold, and rains.**
- **We look nice in clothes.**
- **We wear cotton clothes in summer.**
- **We wear woollen clothes in winter.**
- **We wear silk clothes on special occasions.**
- **We use rain coat, umbrella and gum boots on rainy days.**
- **Students of same schools wear the same kinds of clothes.This is called uniform.**
- **Soldiers,policeman,postman,nurses and many others have their uniforms too.**
- **People living in different countries wear different dresses.These dresses are called costumes.**

Answer the following:

1)What colour are your shorts /skirt of your school uniform?

Ans:Grey colour

2)What do clothes protect us from?

Ans:Clothes to protect us from heat,cold and rains.

Shelter

We all need a place to live.

We all need a house .A house protect us from heat,cold,rains, wild animals and thieves

We feel safe in a house.

We live in a house with parents.

There are two kinds of houses.

Kutcha and pucca house.

There are some other kinds of houses such as Igloo,house boat,caravan,tent etc.,

Answer the following

1)What does a house protect us from?

Ans: A house protect us from heat,cold,rains, wild animals and thieves.

2)What is a kutcha house made of?

A Kutcha house is made of bamboo,mud,leaves,straw etc.,

3) What is a pucca house made of?

Ans:A Pucca house is made of wood,bricks,steel etc.,

sMatch

- 1) Pucca house - Canvas4
- 2) Caravan - On lakes5
- 3) Igloo - Bricks1
- 4) Tent - Snow3
- 5) House boat - On wheels2

Circle the correct animal's habitat



