



The Story Of Food

Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.

We all need food to live. We take food because it :

- gives us energy to work and play.
- helps us to grow.
- helps us to stay healthy by protecting us against diseases.



The main sources of food are plants and animals.

Food From Plants

Food helps in our growth.

1. Cereals

Cereals like **wheat**, **rice**, **maize** and **millet** store the excess food in their seeds. These seeds are called **grains**. We eat these grains.

Wheat is used for making **chapattis**, **bread** and **cakes**.



wheat



rice



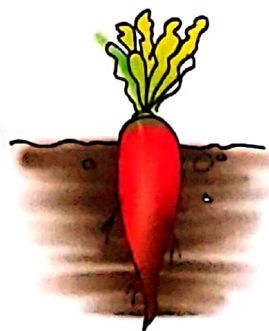
maize



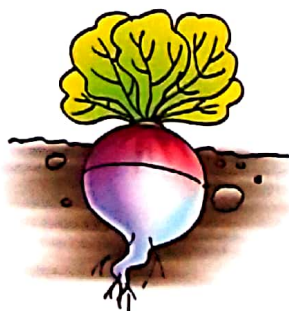
millet

Cereal Plants

Rice is boiled and eaten. It is also used for making **idlis** and **dosas**.



carrot



turnip



radish

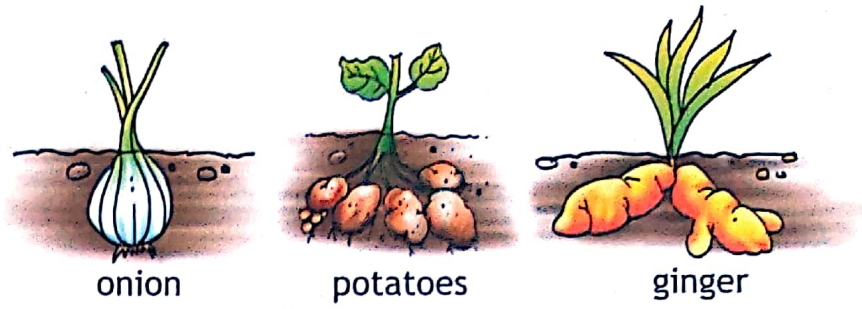
Roots Of Some Of The Plants We Eat.

2. Vegetables

We eat green vegetables. They are good for our health. Vegetables are eaten raw or cooked. We eat different parts of plants as vegetables.

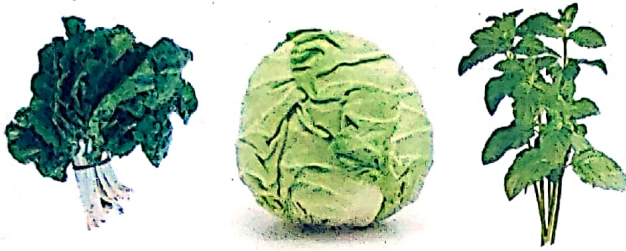
Turnip, **carrot** and **radish** are root of plants. We eat them.

We also eat the **underground** stems of some plants. **Onion**, **ginger** and **potato** are some underground stems that we eat.



Underground Stems We Eat As Vegetables.

We eat the leaves of some plants. For example, **cabbage**, **spinach**, **mint** and **methi**.



Leaves We Eat As Vegetables.

DO YOU KNOW?

Cauliflower is a flower eaten as vegetable. Tomatoes and brinjals we eat as vegetables are fruits.



tomato



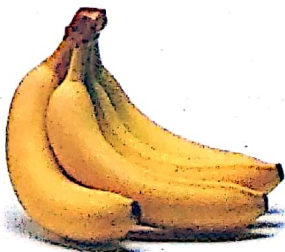
brinjal



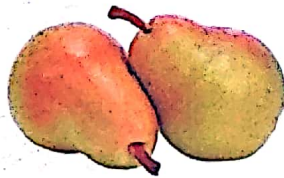
cauliflower

3. Fruits

We eat fruits like **apples**, **bananas**, **mangoes**, **pineapples** and **oranges**. These fruits are very tasty. Fruits grow from the flowers of plants.



bananas



pears



mangoes



pineapples

Fruits We Eat

4. Spices

We get spices like **chilli**, **clove**, **pepper**, **cumin**, **ginger** and **turmeric** from plants. We add spices to our food to make it tasty.



chilli



clove



pepper

Spices We Eat

5. Oil

Oil is obtained from the seeds of plants like **groundnut**, **mustard**, **sunflower** and **coconut**. The oils that are used in cooking are called **edible oils**. Find out the name of the cooking oil your mother uses. Also, find out the brand name of the oil that you put in your hair.



groundnut



mustard



sunflower



coconut

Plants Give Us Oil.

Multiple Choice Questions (MCQs) Tick (✓) the correct answers.

- Which one is an underground stem?
(a) potato ☐ (b) cabbage ☐ (c) banana ☐
- The oils that are used in cooking are called
(a) edible oils ☐ (b) medicinal oils ☐ (c) hair oils ☐

6. Medicines

When we are sick, our elders give us medicines. Do you know that we get some medicines from plants? These plants are called **medicinal plants**.

We use dried roots of **mulethi** (liquorice) to cure our cough and cold.

We can also use the leaf-juice of **tulsi** to cure our cough and cold.

We take leaves and seeds of **dhatura** to cure diseases like asthma and bronchitis.

We use the leaves and seed oil of **neem** to cure fever.

We take the fruits of **amla** to cure constipation. We take oil obtained from the leaves of **eucalyptus** (*safeda*) to cure nose and throat disorders.

We use turmeric (**haldi**) powder for the treatment of wounds and sprains.



dhatura



tulsi



neem

Medicinal Plants

DO YOU KNOW?

Quinine is a cure for malaria. This medicine is obtained from the **Cinchona** plant.



Cinchona plant

Food From Animals

1. Milk

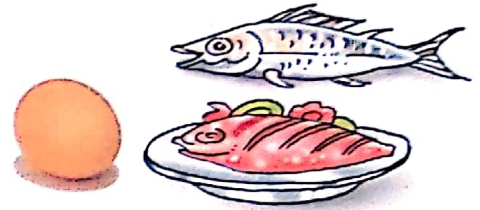
We get milk from animals like **buffaloes**, **cows** and **goats**. We should drink a glass of milk every day. **Milk is said to be a complete food as it has all the nutrients required by our body.** Milk is also used in making food products like **butter**, **cheese**, **paneer**, **ghee**, **curd** and **ice creams**.



milk and milk products

2. Eggs and Flesh

We get eggs and flesh from hens and ducks. Some people eat the flesh of goat (called mutton), fish and other animals.



egg and fish

Journey Of Food

- **Farmers** grow cereals, fruits and vegetables in their fields.
- They sell these food items to the **wholesalers** in the wholesale market.
- **Shopkeepers** buy these food items from the wholesalers in the wholesale market.
- We buy our food items from the shopkeepers in our neighbourhood.



A farmer grows cereals, fruits and vegetables.



A farmer sells food items to the wholesaler.



A wholesaler sells the food items to the shopkeeper.



We buy food items from the shopkeeper.



Food Preparation At Home

My parents go to the market to buy **cereals**, **fruits** and **vegetables**. My mother prepares **breakfast**, **lunch** and **dinner** for the family. Sometimes my father and I help her in cooking food. My father washes and cuts vegetables.



Mother cooking food and father helping her



washing utensils



washing clothes

My mother does most of the household work.

- She cooks food for the family.
- She washes clothes of our family.
- She cleans the utensils after our meals.

In the evening, when my father returns from his office, we all sit together at the dining table to have our dinner.



We all sit together to have dinner.

Match the following.

- (1) milk
- (2) farmers
- (3) hen
- (4) goat

- (a) grow cereals
- (b) complete food
- (c) meat
- (d) eggs

Balanced Diet

We must eat *chapattis*, rice, pulses, fruits and vegetables. We must drink a glass of milk every day.

The diet that has all types of healthy food in the right amount is called a balanced diet.

Balanced diet may be different for different people.

- For a newborn baby, milk is enough. Milk is a complete food.
- Growing children need a lot of body-building foods like pulses, eggs and flesh.
- A labourer working hard needs more energy-giving food than a person working in an office.
- A man needs more food than a woman. Similarly, a boy requires more food than a girl.



A balanced diet



PRACTICE EXERCISE – SECTION A

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

A Multiple Choice Questions (MCQs). Tick (✓) the correct answers.

1. We make *chapattis* using

(a) wheat



(b) rice



(c) grain



2. We eat the leaves of the plant.

(a) carrot



(b) cabbage



(c) ginger



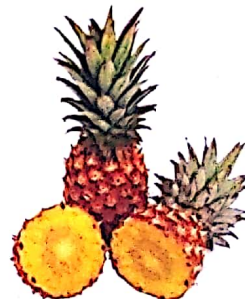
B Fill in the blanks.

1. We treat our wounds with
2. is used for making *idlis* and *dosas*.
3. is an underground stem we eat.
4. Farmers sell the food items to the

C Circle the odd ones. Give the reason for your answer.

- | | | | |
|------------|----------|---------|--------|
| 1. wheat | fruit | maize | rice |
| 2. cabbage | spinach | brinjal | guava |
| 3. carrot | chillies | cloves | pepper |

D Write the names of the following pictures in the spaces provided.



1. 2. 3. 4.

E Number the sentences in correct sequence.

- We buy our food items from the shopkeepers in our neighbourhood.
- They sell these food items to the **wholesalers** in the wholesale market.
- **Shopkeepers** buy these food items from the wholesalers in the wholesale market.
- **Farmers** grow cereals, fruits and vegetables in their fields.





PRACTICE EXERCISE – SECTION B

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

A Multiple Choice Questions (MCQs). Tick (✓) the correct answers:

1. The part of a cauliflower that we eat is the
(a) root ☐ (b) stem ☐ (c) flower ☐
2. The complete food for a new born baby is
(a) vegetables ☐ (b) fruits ☐ (c) milk ☐

B Very Short Answer Questions.

1. Name two plants from which we obtain oil.
2. Name two plants from which we obtain spices.

C Short Answer Questions.

1. Name any two plants each of which we eat
(a) seeds (b) roots (c) leaves (d) fruits.
2. Name any two animals that give us
(a) milk (b) flesh and eggs.

D Long Answer Questions.

1. Why do we need food?
2. What is balanced diet for (a) a new born baby (b) children (c) labourer?
3. Tick (✓) those sentences that tell about wasting food.
(a) Taking more food than you can eat. ☐
(b) Taking as much food as you can eat. ☐
(c) Throwing food in the dustbin. ☐
(d) Using leftover food for garden compost. ☐

Value Corner



ACTIVITY

PROJECTS

- Compare the food that you eat with the food that your grandparents eat. What are the similarities or differences between the food you eat and the food they eat?
- You want to celebrate your birthday party at home and want to serve only healthy food items to your guests. Prepare a menu plan for the party.

GROUP DISCUSSION

- Suggest topic : 'Plants are our green friends.'

