

Food - Our basic need! - We all need food to live, play and stay healthy. Food gives us energy to grow and do various activities such as playing, reading and dancing.

Energy-giving food items! - Carbohydrates such as rice, maize, bread, honey milk and cereals are rich in carbohydrates.

Fats - Food items such as oil, ghee, butter and nuts are rich in fats.

Body-building food items! - Proteins - Food items such as egg, cheese, fish, milk, meat, beans and pulses are rich in proteins.

Protective food items! - Vitamins and minerals - Fruits and vegetables are rich in vitamins and minerals. Some other food items such as milk, eggs and peanuts also contain vitamins and minerals.

A Balanced Diet! - The food that we eat every day is called our diet. A diet containing all the essential nutrients, water and roughage in the right quantity is known as a balanced diet.

Preservation! - The method used to prevent the food from getting spoilt is known as preservation.

Rest and Exercise! - For the proper functioning, our body needs to rest properly. We should sleep for at least 6-8 hours every day. We should also do some exercise every day to keep our body fit and active. Yoga is a very good form of exercise for people of all ages.

Milk - is known as a complete food.

H.W (Answer the following questions)

- (a) Name the different types of nutrients.
- (b) Why is a protein-rich diet good for children?
- (c) Why are exercise and rest important for our body?
- (d) Write the names of your family members. Ask them what they eat in their meals - breakfast, lunch and dinner.

(e) Find the meanings of the following words: spoilt, Preserve, Nutrients, diseases, Protective, requirement.