

Try It Out

Write (R) for food that can be eaten raw and (C) for food that can be eaten only after cooking.



We conduct many activities during the day. To perform these activities, we need energy. We get our energy from the food we eat. We get our food from plants and animals.

Various Sources of Food

Food from Plants

Food from Animals

Food from Plants

We eat different parts of plants like roots, leaves, seeds, stems, fruits and flowers as food.

Roots



Carrot

Radish

Leaves



Mint

Coriander

Spinach

Seeds



Wheat

Rice

Corn

Stems



Sugarcane

Potato

Fruits



Papaya

Mango

Orange

Flowers



Cauliflower

Broccoli

We need food every day because our body needs energy to keep working. Our body works when we talk, walk, play or study. Even when we are asleep, our heart, lungs, liver and other organs work. Food gives us the energy to do this work.

Why do we need food?

1. It gives us energy to work.
2. It helps us to grow.
3. It keeps us healthy and strong.
4. It protects us from diseases.

I need
energy!



Food from Animals

We get food from animals. We cook them before eating. They are very rich in nutrients.

Milk	Eggs	Honey	Meat
<p>Cows, buffaloes and goats give us milk.</p> <p>Milk has calcium which makes our bones and teeth strong.</p>	<ul style="list-style-type: none">• Hens and ducks give us eggs.• They are a rich source of protein.	<ul style="list-style-type: none">• We obtain honey from honeybees.• It is used as a sweetener and also as an antiseptic.	<ul style="list-style-type: none">• The flesh of animals is eaten as meat.• It helps us to grow stronger.

People who eat vegetables, fruits and dairy products are called vegetarians.

**Food
Habits**

People who eat meat, fish and eggs along with fruits, vegetables and dairy products are called non-vegetarians.

Vitamins and Mineral Food

Fruits, green leafy vegetables, milk and eggs are rich in vitamins and minerals.



Vegetables



Eggs



Fruits



Milk

Protein Food

Milk, meat, fish, cheese, eggs, pulses, beans and peas are rich in protein.



Fish



Meat



Milk



Pulses



Cheese



Pea



Eggs



Chicken

Carbohydrates : These give us energy to work. People who do more physical work need more carbohydrates. Wheat, rice, sugar, potato etc. are examples of food rich in carbohydrates.

Fats : These gives us more energy than carbohydrates. Fats also help to keep our body warm. Oil, nuts, butter etc. contain fat. Excessive fat is not good and it leads to obesity.

Foods rich in carbohydrates and fats are called **energy-giving foods**.

Protein : This helps our body to grow. Eggs, fish, meat, chesse, peas and pulses are rich sources of proteins.

Foods rich in proteins are called **body-building foods**.

Vitamins : These help us to fight diseases. Our body needs a very small quantity of vitamins but we must regularly have foods which contain them. Green leafy vegetables are rich in vitamins.

Nutrients in Food

Food contains five major nutrients, that is **carbohydrates**, **fats**, **vitamins** and **minerals** **proteins**. Our body needs different kinds of food and nutrients to grow and keep healthy.

Carbohydrate Food

Foods such as bread, potatoes, rice, wheat and sugar contains carbohydrates.



Potatoes



Rice



Bread



Wheat



Sugar

Balanced Diet

A diet that contains all the nutrients like carbohydrates, fats vitamins, mineral and proteins in the right amount is called a **balanced diet**.

Water is equally essential for our body to function properly. Our body requires lots of water. We must drink 6 to 8 glasses of water every-day. Water helps us to digest food.

Cooked and Uncooked Food

We cook most of our food. Rice, chapati, meat, eggs and most vegetables are cooked before they are eaten. However, some foods like fruits, cucumber, carrots, radish, tomatoes etc. can be eaten raw.

Cooking makes the food -

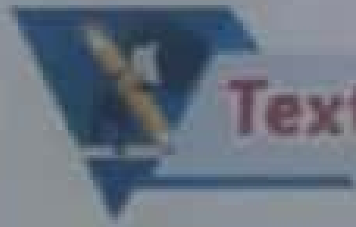
1. healthy,
2. tasty, soft and
3. easy to digest.



Knowledge Bee

Green and leafy vegetables help in the formation of blood in our body.

ANSWER KEY - CH - 3



Text Exercise

A. Write the name of five nutrients in our food.

1. Carbohydrates

2. Fats

3. Vitamins

4. Proteins

5. Minerals

B. Write 'T' for true and 'F' for false.

1. We get food from plants and animals.
2. Vitamins help us to fight diseases.
3. Water is not important for our body.
4. Fats give us more energy than carbohydrates.

T
T
F
T

C. Fill in the blanks.

1. Food gives us **Energy** to do work.
2. Milk has **Calcium** which makes our bones and teeth strong.
3. People who eat fruits, vegetables and dairy products are called **Vegetarians**.
4. People who eat meat, fish and eggs are called **Non vegetarians**.
5. Food rich in protein is called **Body Building Food's**.

D. Answer the following questions:

1. What is a balanced diet?

2. Why does our body need different kinds of nutrients?

3. How does protein help our body? Give two examples of protein-rich food.

4. How do vitamins help our body? Give two examples of vitamin-rich food.

E. Name the following:

1. Food rich in carbohydrates and fats. **Energy Giving Food**
2. Food rich in protein. **Body Building Food**
3. Food rich in vitamins and minerals. **Protective Food**

- Answer the following.

Q-1 What is a balance diet?

Ans- A balance diet is the diet that contains all nutrient like carbohydrates, fats ,proteins vitamins and minerals in right amount.

Q-2 Why does our body need different kind of nutrients?

Ans - Our body needs different kind of nutrients to grow and keep us healthy.

Q-3 How does protein help our body? Give two examples of protein rich food.

Ans - Protein help our body to grow.
Example - Fish , Meat.

Q-4 How does Vitamin help our body? Give two examples of Vitamin rich food.

Ans- Vitamins help us to fight diseases.

Example - Egg , Milk.