

Reading and Understanding 'The Food We Eat'

Chapter 7: The Food We Eat · Topic 1

Key Concept

We eat foods like rice, chapati, dal, vegetables, fruits, milk, and eggs. Some foods come from plants (like rice, wheat, fruits and vegetables), and some come from animals (like milk, eggs, and honey).

Eating a variety of healthy foods every day helps our body grow strong and stay healthy.

Some foods need to be cooked before eating, like rice and dal, while others, like fruits, can often be eaten raw after washing them well.

Learning about where our food comes from helps us appreciate farmers and the effort it takes to grow and prepare the food we enjoy.

Quick Revision Notes

- We eat foods like rice, chapati, vegetables and fruits.
- Some foods come from plants.
- Some foods come from animals, like milk and eggs.
- Eating healthy foods helps our body grow strong.
- Some foods need cooking, like rice and dal.
- Fruits can often be eaten raw after washing.
- Farmers work hard to grow our food.
- We should appreciate the effort behind our food.

Practice Questions

- 1 List three foods you ate today.
- 2 Sort your foods into 'from plants' and 'from animals'.
- 3 Name one fruit and one vegetable you like.
- 4 Discuss why eating vegetables is good for health.
- 5 Name one food that needs cooking and one that can be eaten raw.
- 6 Thank a farmer (in words or a drawing) for growing food.