

Foods We Eat Daily

Chapter 5: Our Food · Topic 1

Key Concept

Foods like rice, wheat (used for chapati), fruits, and vegetables come from plants, while foods like milk, eggs, and honey come from animals.

Eating a mix of different foods every day gives our body the energy and nutrients it needs to grow, stay strong, and fight off illness.

Meals are usually eaten at set times - breakfast in the morning, lunch in the afternoon, and dinner in the evening - which helps our body get energy throughout the day.

Choosing healthy foods, like fruits and vegetables, over sugary or oily snacks, helps us stay fit and avoid getting sick often.

Quick Revision Notes

- Foods like rice and vegetables come from plants.
- Foods like milk and eggs come from animals.
- Eating different foods gives us energy and nutrients.
- Meals are eaten as breakfast, lunch and dinner.
- Healthy foods help us stay fit.
- We should eat fruits and vegetables regularly.
- Too many sugary or oily snacks are not healthy.
- Eating well helps us grow strong and avoid illness.

Practice Questions

- 1 List the foods you ate today and sort them by plant or animal source.
- 2 Name your three favourite healthy foods.
- 3 Draw a healthy plate of food.
- 4 Discuss why breakfast is important.
- 5 Compare a healthy snack and an unhealthy snack.
- 6 Talk to your family about planning a healthy meal.