

Food We Eat

Chapter 3: Food We Eat · Topic 1

Key Concept

Fruits and vegetables, like apples and carrots, give us vitamins that keep us healthy and help fight sickness.

Grains, like rice and wheat, give us energy to play and work throughout the day.

Milk and milk products, like curd and cheese, help make our bones and teeth strong.

We should eat a mix of different healthy foods every day and avoid eating too much junk food.

Quick Revision Notes

- We eat fruits, vegetables, grains and milk.
- Fruits and vegetables give us vitamins.
- Vitamins keep us healthy and fight sickness.
- Grains like rice and wheat give us energy.
- Milk and milk products strengthen bones and teeth.
- We should eat a mix of healthy foods.
- We should avoid too much junk food.
- Healthy food helps us grow strong.

Practice Questions

- 1 List the foods you ate today and classify them.
- 2 Name three fruits and three vegetables.
- 3 Discuss why grains give us energy.
- 4 Draw a healthy plate of food.
- 5 Talk about why junk food isn't good for us.
- 6 Name one milk product and its benefit.