

Healthy Eating Habits

Chapter 5: Our Food · Topic 2

Key Concept

A healthy diet includes a mix of grains (like rice and wheat), proteins (like dal and eggs), fruits, vegetables, and dairy (like milk and curd), giving our body everything it needs.

Junk food, like chips, sugary sweets, and fizzy drinks, may taste good but does not give our body the nutrients it needs, and eating too much of it can make us unhealthy.

Drinking enough water every day is also an important healthy habit, as water helps our body work properly and stay hydrated.

Eating meals at regular times and not skipping breakfast helps maintain our energy levels throughout the day for playing, learning, and growing.

Quick Revision Notes

- A healthy diet includes grains, proteins, fruits, vegetables and dairy.
- Junk food does not give our body needed nutrients.
- Too much junk food can make us unhealthy.
- Drinking enough water is an important healthy habit.
- Eating meals at regular times helps maintain energy.
- Breakfast should not be skipped.
- Healthy eating helps our body grow strong.
- A variety of foods gives our body everything it needs.

Practice Questions

- 1 List the foods you ate today and check if they are healthy.
- 2 Name three healthy foods and three junk foods.
- 3 Explain why drinking water is important.
- 4 Discuss why breakfast should not be skipped.
- 5 Plan a healthy meal with your family.
- 6 Compare a healthy snack and a junk food snack.