

Our Food

Chapter 5: Our Food · Topic 1

Key Concept

Food comes from plants (like fruits, vegetables, grains) and animals (like milk, eggs, meat), giving us energy and nutrients.

A balanced diet includes different types of food - grains, vegetables, fruits, and proteins - eaten in the right amounts.

Some foods like fruits and vegetables are very healthy, while junk food like chips and sweets should be eaten only occasionally.

Eating on time, chewing food well, and washing hands before eating are good habits for staying healthy.

Quick Revision Notes

- Food comes from plants and animals.
- It gives us energy and nutrients.
- Balanced diet: grains, vegetables, fruits, proteins.
- Eat different foods in right amounts.
- Fruits and vegetables are healthy.
- Junk food should be eaten occasionally.
- Wash hands before eating.
- Eating on time is a good habit.

Practice Questions

- 1 Draw your favourite healthy food.
- 2 Name two foods that come from plants.
- 3 Name two foods that come from animals.
- 4 Discuss why junk food should be limited.
- 5 Talk about your daily meals.
- 6 List two good eating habits.