



Prepared by: Manisha K.

LESSON-5. Food for all

Prepared on : 11/07/2024

Started notes in class on : 31/07/2024

Pre activity: Next to each letter of your name, write the names of a healthy food item that begins with that letter.

New Words:

- | | |
|-----------------------|-----------------------|
| 1) weapon | 2) component |
| 3) nutrients | 4) diseases |
| 5) energy giving food | 6) body-building food |
| 7) protective food | 8) proportion |
| 9) porridge | 10) energetic |
| 11) vegan | |

Q1) Write true or false.

- | | |
|---|--------------|
| 1) Milk, pulses, and fruits are healthy food items. | <u>True</u> |
| 2) Old people prefer less oily food. | <u>True</u> |
| 3) Pulses belong to the protective food group. | <u>False</u> |
| 4) Food helps us to fight against germs. | <u>True</u> |

Q2) Answer the following questions.

1) What are nutrients?

Ans: Nutrients are the components of food that give us energy and help us to grow and stay healthy.

2) How does food help us?

Ans: Food helps us by giving us energy to do work, helps us to grow and become strong and protects us from diseases.

3) Why is it important to include butter and ghee in our diet?

Ans: It is important to include butter and ghee in our diet as they give us energy to do different activities.

4) Name five healthy and five unhealthy food items.

Ans: Five healthy food items are green vegetables, fruits, salad, curd and *chapatis*.

Five unhealthy food items are burger, pizza, chips, chowmein and soft drinks.

Q3) Give reasons for the following.

1) Why should we drink fresh juice instead of canned juice?

Ans: because fresh juice has more nutrients and energy. Canned juice has preservatives, added sugar and no nutrition value.

2) Why is it important to include food like butter and oil in our meal?

Ans: For healthy functioning as they supply calories and essential fats and help the body absorb fat-soluble vitamins such as A, D, E and K.

3) Why do old people eat soft and less oily food?

Ans: Old people eat soft and less oily food as they cannot chew hard food and cannot digest food with more oil.

Post Activity: Complete summing up exercise of smile book pg. no.