

## Lesson 5



# Food Keeps us Fit and Healthy



### Learning Outcomes

#### *Pupils will be able to:*

- identify the need for food for all living things.
- recognize various foods available from plants and animals.
- know the why food is essential for birds and animals.
- know the process of cooking food.

I am John, last Sunday I had gone for a picnic with my family and neighbours to Manginapudi beach in Krishna District. We packed a variety of tasty food. We enjoyed a lot in the beach, we swam in the seashore, and we played games on the sea shore. I collected many types of shells. We had a delicious lunch. We ate lemon rice, curd rice, vada, upma, puffed rice (murilu), roasted corn, bajjis, sweets, papads and pongal.



John's family and their neighbours had variety of food items in the picnic. Ask your class mates what food items did they eat the previous day.

Now write the food items taken by you and your friends at home.

Name of the Student	Morning	Afternoon	Evening	Night
Vivata	Pesarattu, chicken curry	Snacks	chicken curry	
Ishaan	poha - can/flower rice	Snacks	can/flower rice	
Tej	pancake	chicken nugget chocolate cookie	pizza	
Nagarer	idli	pasta	wafers	dal rice
Shahri	dosa	roti	healthy cookies	sambhar rice



What is the common food consumed by everyone in the morning? Pesarattu, dosa, idli are commonly consumed in the morning.

We eat different food items depending on the availability. Most of us take rice because rice is the commonly available food in our locality. Along with rice, we take milk, curd, idly, dosa, eggs etc.



### Why do we eat food?

One day, John went to a village with his father. The journey was long and they couldn't halt to have lunch. John felt hungry.

Have you ever gone to school without taking breakfast? How did you feel on that day? *I felt a bit hungry on that day.*

If we do not take food, we cannot play, sit in the class, or work. To work, play or run etc. we need energy. Food gives us energy. We have to eat food to work, grow and stay alive.

John's grandfather does not want to eat rice during nights. He eats one or two fruits and drinks a glass of milk.



Do people of all age groups eat the same kind of food?

*No! They don't eat same kind of food.*

## Food for different age groups

On the way from school John bought fried peanuts. He wanted to give them to his one-year old brother. Mother stopped him and said, "Tom is an infant, he cannot eat them." John went to his grandfather. He too said, "he cannot chew them."



Why did mother stop John from giving peanuts to his brother?

~~John's brother can't chew~~  
John's grandfather eats flattened rice with milk. Why? ~~because he~~  
~~he doesn't have teeth.~~

In infants teeth are absent. Hence they are unable to chew the food. So, they are given either milk or soft food. People who are old lose their teeth and cannot chew. They too eat soft food. So, food habits change according to age.

### Ask your elders and fill in the table

Age	What they can eat	What they cannot eat
2 Years old	Milk.	Rice, Idli/dosa etc.
20 Years old	Idli/dosa etc.	I don't know
80 Years old	Idli, SOFT rice	Biryani, pizza

~~they can eat all these from age).~~

### The food we eat

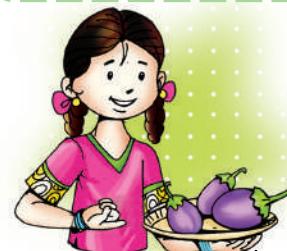
We get food from plants and animals.

Look at the picture. What items can be prepared with vegetables? ~~Salad, Frys, Curries~~



Identify the vegetables and write their names. Use the help box.

brinjal, ladies finger, bottle gourd, banana, cabbage,  
drumstick, beet root, apple, cauliflower



This is a brinjal



This is a lady's finger



This is a bottle gourd



This is a cauliflower



This is a onion



This is a cucumber



This is a beet root



This is a bittergourd



This is a cabbage



This is a snake gourd

## Food from plants

We eat different parts of plants as food. We eat leaves of some plants, stems, flowers, fruits, seeds and also the roots. Rice is the main food item in our diet. It is produced from paddy. Wheat, millets are the other food grains that we eat. We eat food grains other than paddy like pearl millet (sajjalu), little millet (samalu), finger millet (raagulu) and Italian millet (korralu).

Look at the following edible part of the plants.



paddy



wheat



pearl millet



ginger



carrot



beetroot



potato



### Do You Know

- We get jaggery and sugar from sugarcane.



Leafy vegetables : Talk about any leafy vegetable you eat.



The most nutrient part of the plant is leaves.

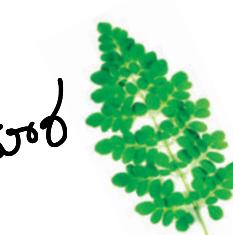
We eat different types of leaves.

Is cabbage a flower or a leaf? Ask your teacher.



amaranthus

*Sew Soo*



drumstick leaves



spinach



curry leaves

We eat the flowers of banana and cauliflower. Cloves (lavanga) are the flavoured buds used as condiments. Saffron flowers are used in making special food items.



We love to eat the fruits like mango, orange, jackfruit, papaya, apple, banana, grapes, muskmelon and watermelon. Do all fruits taste sweet? We must eat all fruits. They give us good health.



### Do You Know

Mushroom is a fungi which is nutritious.



Tomato and cucumber are also fruits, but we eat these as vegetables.



Which part of this fruit do we eat?  
Of this fruit, we eat the nut.



Do you know where does cooking oil come from? Yes! I know  
where cooking oil comes from.  
We can get oil from seeds of groundnut, sesame, mustard, sunflower and olive.  
Cashew, peas, cow pea (**Junugulu**) and groundnuts are seeds that we eat.



Pulses like redgram, greengram, blackgram and cereals like paddy, wheat are all seeds. These seeds are used in cooking.

### Food from animals

We eat eggs and meat as our food. We drink milk. Cows, goats, buffaloes give us milk. We get different products from milk like curd, ghee, butter, cheese etc.

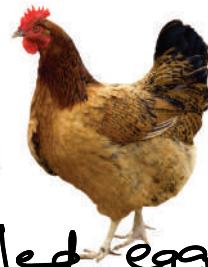


We rear some birds like ducks and hens for eggs and meat.



Can you name any food item prepared with egg?

Yes I can name any food prepared with egg. (egg curry, egg burgy) **Scrambled eggs**  
People rear sheep, goat, pig and buffalo etc. Some eat the meat of these animals.



We also take sea animals like fish, prawns, crabs and snails in food.



### Do You Know

Bees collect nectar from flowers. They store it as honey in a comb. We get honey from honey comb.



How do you help your mother in household work? No! I don't help in household work.  
John helps his mother to chop or cut vegetables. While cutting, he eats them directly. X

### Cooked Food - Raw Food



Which vegetables can we eat directly?

Can we eat brinjal without cooking?

We cannot eat rice, meat etc. without cooking. We can eat some vegetables

without cooking. For example: carrot, onion, cucumber (kheera) etc.

Write some food items that can be eaten cooked and that can be eaten raw.

Cooked	brinjal	Fish	shrimp	rice	cauliflower
Raw	lime	lemon	cucumber	onion	carrot

Yes! we cook certain items  
(some types)

Why do we cook certain items? Because, the food gets soft and tasty. The cooked food is easily digested. Some food items do not get easily digested when they are eaten raw.

John's mother prepared different food items by using vegetables. She prepared chutney, sambar, tomato rice and rasam using tomatoes.

Do we cook variety of food in the same way? Why? because they are different.  
Do you know how to cook rice? No, I don't know how to cook rice.

John's mother cooked idly by steaming and papads by frying.

Ask your father and fill in the table. Compare your list with your friends.

Cooking Method	Items
Boiling	egg, corn
Frying	potato, french fries
Roasting	Mixed vegetables
Steaming	Nuts

### Let us Do

Ask your mother recipe of any dish you like . Write it and present it in class.

### Utensils

We use utensils to cook food. A pan is used for frying, cooker for steaming and boiling and a grill for roasting.

### Activity

Look at the following pictures ~~say~~ and write for what purpose they are used:



dosa, pancake



idli



rice, dal



deep fry



to eat



mixing vegetables batter



grill/Fry

### Good food habits:

Read and tick (✓) the good food habits you have...

1. I wash my hands before and after having meal. ( ✓ )
2. I chew the food well and eat slowly. ( ✓ )
3. I do not leave food in my plate, at home and in school. ( ✗ ) ✓
4. I eat all the vegetables in the sambar. ( ✗ )
5. I eat curry leaves and coriander in the curries. ( ✓ )
6. I sit properly while eating and do not spill food from plate. ( ✗ ) ✓
7. I wash the fruits and vegetables before eating or cooking. ( ✗ )



### Think and Discuss

John's family members sit together and eat. They turn off the TV and mobile phone, while eating. Why?

**Food for birds and animal**



*Because turning off TV & mobile phones is good, and so you can pay attention to food.*

*Birds eat seeds. Animals eat other animals, & grass.*

What food do birds and animals eat? Tell and share.



John's mother dried peanuts in a plate. John had seen a squirrel came down from the guava tree in his backyard. The squirrel already ate the peanuts. A crow also flew down and started to eat. Birds and animals eat different type of food.



#### Key words

raw food, cooked food, digestion, healthy, recipe, habits



#### What we have learnt

- Food is essential to live and work. Birds and animals too need food.
- Different foods are needed for different age groups.
- We get food from plants and animals.
- We eat leaves, stems, flowers, fruits, seeds and roots of different plants as our food.
- We get milk, meat and eggs from animals.
- We cook different food items in different methods using different utensils.



### Improve Your Learning

#### I. Conceptual Understanding (Tell and write).

Answer the following questions.

1. What will happen if we do not eat food? *We will be hungry.*
2. Name the food items that can be eaten raw. *Lime, lemon can be eaten raw.*
3. What is the importance of food? *Food gives nutrients.*

## **II. Questioning** | will ask how to cook pulihora

4. What questions would you ask your mother to prepare Pulihora?



## **III. Experiments and field observations.**

5. Soak some greengram for three hours in water. Drain the water, shift the soaked seeds into a wet cloth and tie tightly. Leave it over night. Open it the next day. What do you observe? / get sprouts.

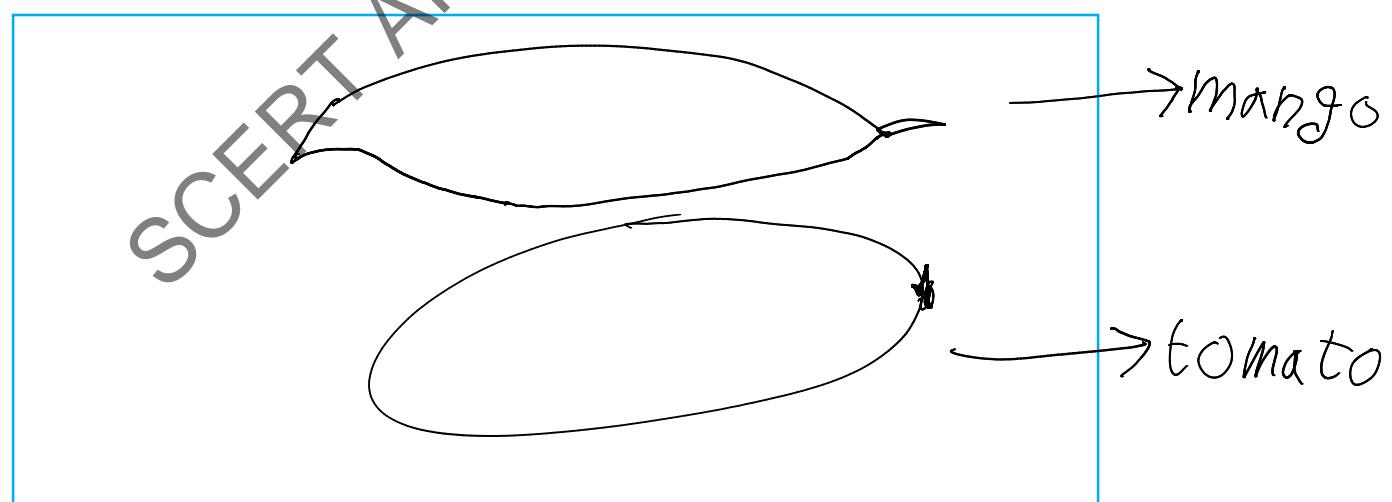
## **IV. Information skills, Projects.**

6. Prepare a list of food you get from plants and animals in your area.

Food from Plants	Food from Animals
tomato	Milk
carrot	eggs
beetroot	butter
grapes	chicken
carrot	mutton
tomato	yogurt

## **V. Drawing pictures and model making.**

7. Draw your favourite fruits and vegetables.



## **VI. Appreciation, values and creating awareness towards biodiversity.**

8. What good food habits would you suggest to your friends?

9. Write two slogans on avoiding wastage of food.

① Don't spill food

② Don't throw food

I will suggest to eat quickly, don't throw food.