

# 7

## Our Needs

### BEFORE WE START, LET'S CHECK

#### What you already know

Identify the things and complete their names.



F \_\_\_\_\_



C \_\_\_\_\_



H \_\_\_\_\_

#### What you will know

Why and how should we eat?



How are clothes useful to us?



Why do we need homes?



We all need food, clothes and a house.

### FOOD

We eat food every day.

We eat food to live and grow.

It makes our body strong and healthy.

#### Sources of food

We know that most of our food comes from plants.



fruits



vegetables



cereals



pulses

We get milk, eggs and meat from animals.



milk



eggs



meat

**FIND OUT**



From where do we get salt? Find it out and tell your teacher.

## Meals

The food that we eat at a fixed time every day is called a **meal**.

We eat three meals a day.



**Breakfast** in the morning



**Lunch** in the afternoon



**Dinner** at night

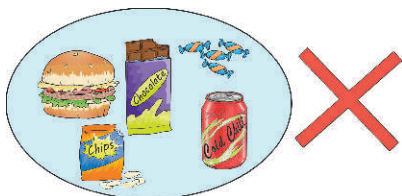
## Eat healthy



Eat plenty of fresh fruits and vegetables.



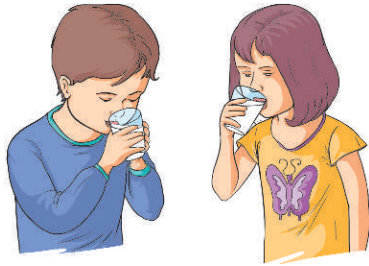
Wash the fruits and vegetables before eating them.



Avoid fast food, toffees, chips, cold drinks, etc.



Besides food, drink a lot of water to stay healthy.



Milk keeps our bones and teeth strong. Drink two glasses of milk every day.



Never eat food sold at open stalls. It can make you ill.



Always eat the right quantity of food...



...neither too much,...

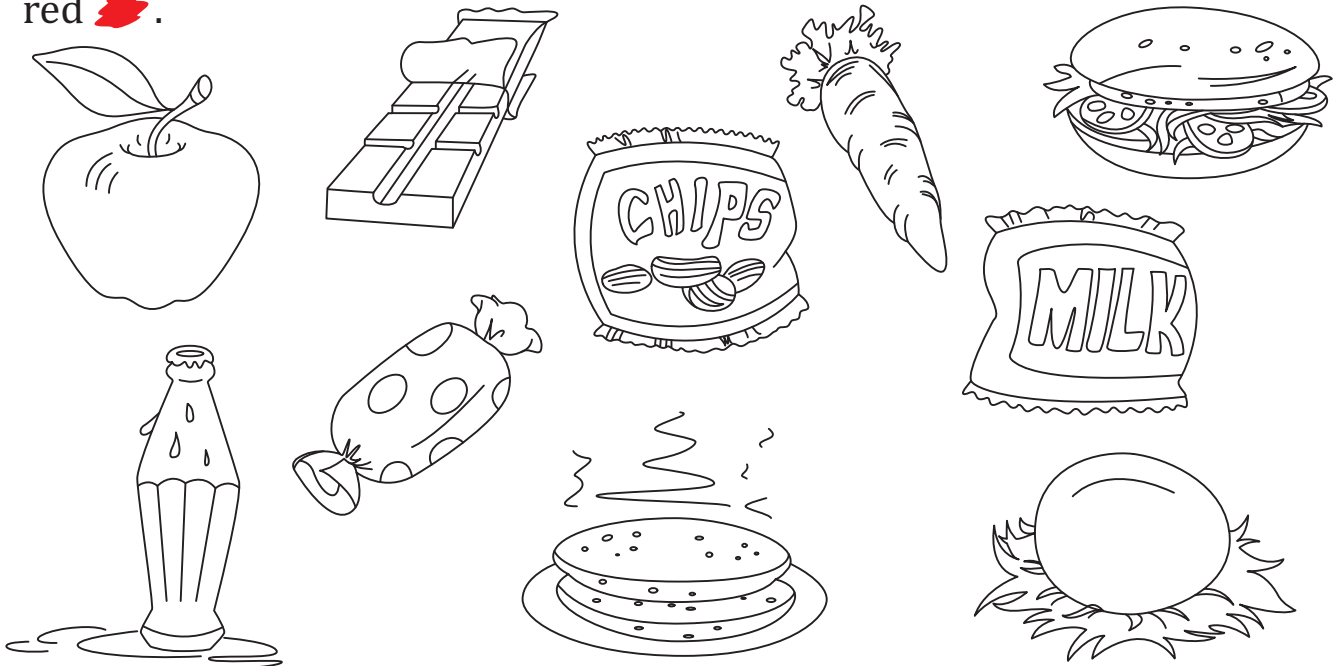


...nor too little.



## Fun and Learn

Colour the pictures of healthy food green  and the unhealthy food red .





# CLOTHES

We wear clothes to cover our body.

Clothes protect us from heat, dust, cold, wind and rain.

We wear clothes according to the weather.



We wear light cotton clothes in summer.

They keep our body cool.

We wear woollen clothes in winter.

They keep our body warm.



During the rains, we wear raincoats and gumboots.

They prevent us from getting wet.



Clothes are made from different materials.

Cotton clothes are made from cotton. We get cotton from cotton plants.



cotton plants



cotton bolls



cotton threads



cotton clothes

Woollen clothes are made from wool. We get wool from sheep.



sheep



hair



wool



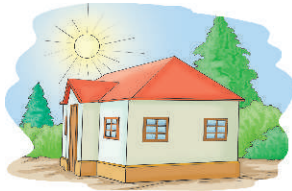
woollen clothes

We must always wear clean clothes.

# HOUSE

We all need a house to live in.

A house protects us from



heat



rain



cold



strong winds



animals



thieves

## Rooms in a house

There are many rooms in a house.

Each room has its own use.



The **bedroom** is used for resting and sleeping.



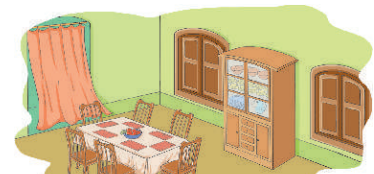
The **drawing room** is used for welcoming guests.



The **kitchen** is used for cooking food.



The **bathroom** is used for having a bath.



The **dining room** is used for eating meals.

## Words to Remember

meal	– the food we eat at a fixed time daily
breakfast	– the food we eat in the morning
lunch	– the food we eat in the afternoon
dinner	– the food we eat at night
cotton clothes	– clothes made from cotton
woollen clothes	– clothes made from wool

## Points to Recall \_\_\_\_\_

- \* We all need food, clothes and a home.
- \* We eat food to live and grow.
- \* We get food from plants and animals.
- \* We eat three meals a day.
- \* We should eat only healthy food.
- \* We wear clothes to cover our body.
- \* We wear cotton clothes in summer and woollen clothes in winter.
- \* During the rains, we wear raincoats and gumboots.
- \* Clothes are made from materials obtained from plants and animals.
- \* A house protects us from heat, rain, wind, etc.
- \* A house has many rooms.

## Exercises

### A. Tick (✓) the correct option.

1. What do we get from hens?

- |  |  |  |
|--|--|--|
| (a)  <input type="checkbox"/> | (b)  <input type="checkbox"/> | (c)  <input type="checkbox"/> |
|--|--|--|

2. Which drink should we avoid?

- |  |  |  |
|--|--|--|
| (a)  <input type="checkbox"/> | (b)  <input type="checkbox"/> | (c)  <input type="checkbox"/> |
|--|--|--|

3. What keeps our bones and teeth strong?

- |  |  |  |
|--|--|--|
| (a)  <input type="checkbox"/> | (b)  <input type="checkbox"/> | (c)  <input type="checkbox"/> |
|--|--|--|

4. What do we not wear during the rains?

- |  |  |  |
|--|--|--|
| (a)  <input type="checkbox"/> | (b)  <input type="checkbox"/> | (c)  <input type="checkbox"/> |
|--|--|--|

5. We get wool from the

- |  |  |  |
|--|--|--|
| (a)  <input type="checkbox"/> | (b)  <input type="checkbox"/> | (c)  <input type="checkbox"/> |
|--|--|--|

**B. Write two examples of the:**

1. food we get from animals \_\_\_\_\_
2. meals we eat every day \_\_\_\_\_
3. clothes we wear during the rains \_\_\_\_\_
4. rooms in a house \_\_\_\_\_

**C. Fill in each blank with the correct word.**

1. Food makes our body \_\_\_\_\_. (*strong / weak*)
2. We get meat from a \_\_\_\_\_. (*mouse / goat*)
3. We have breakfast in the \_\_\_\_\_. (*afternoon / morning*)
4. We should \_\_\_\_\_ fruits before eating them. (*wash / throw*)
5. We wear light cotton clothes in \_\_\_\_\_. (*summer / winter*)
6. We use the \_\_\_\_\_ for cooking food. (*bathroom / kitchen*)

**D. Answer the following questions.**

1. What food items should we avoid eating? \_\_\_\_\_
2. What quantity of food should we eat? \_\_\_\_\_
3. Why do we wear woollen clothes in winter? \_\_\_\_\_
4. Which room in a house is used for welcoming guests? \_\_\_\_\_



**BRAINSTORM**

Circle the odd thing in each set.

1.





2.



3.

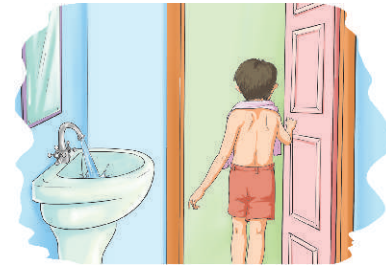
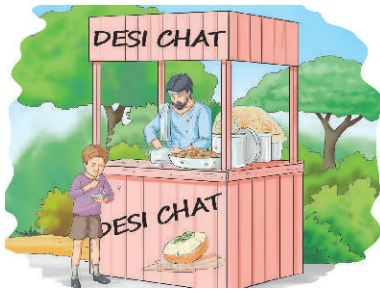


## Creative Skills



### TELL YOUR TEACHER

Tell your teacher what wrong or right thing the child in each picture is doing.



### Activity Time

Take a large sheet of paper.

Make a table on it, similar to the one given below. Hang it on a wall.

Fill in the table with the names of food items that you have for breakfast, lunch and dinner.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							



# Revision Exercise 1

(Based on chapters 1 to 7)

## A. Tick (✓) the correct option.

- Which of the following take support of walls to climb up?  
(a) herbs ☐ (b) creepers ☐ (c) climbers ☐
- Which of the following is not a sense organ?  
(a) nose ☐ (b) hand ☐ (c) skin ☐
- Which of the following is a natural thing?  
(a) box ☐ (b) rock ☐ (c) cloth ☐
- Which of the following birds cannot swim?  
(a) ostrich ☐ (b) duck ☐ (c) swan ☐
- We eat meals in the  
(a) kitchen ☐ (b) dining room ☐ (c) bathroom ☐

## B. Fill in the blanks.

- A rabbit digs a \_\_\_\_\_ to live in.
- We \_\_\_\_\_ with our tongue.
- The baby of a frog is called a \_\_\_\_\_.
- The meal we have in the afternoon is called \_\_\_\_\_.
- \_\_\_\_\_ are small and weak plants.

## C. Write 'True' or 'False'.

- A bear can eat both plants and flesh of animals. \_\_\_\_\_
- Birds chew food with their teeth. \_\_\_\_\_
- All natural things are made by man. \_\_\_\_\_
- The food sold at open stalls is good for our health. \_\_\_\_\_
- Spices make our food tastier. \_\_\_\_\_

## D. Answer each question in one word.

- Which animal do we keep in a stable? \_\_\_\_\_
- What kind of plant grows along the ground? \_\_\_\_\_
- What helps birds to fly? \_\_\_\_\_
- What common name do we use for wheat, rice and maize? \_\_\_\_\_
- Name an activity in which both legs and hands are used. \_\_\_\_\_

## E. Answer each question in one sentence.

- What is the use of thorns for a plant?
- What are cereals and pulses together called?
- Why should we drink milk?
- How many legs does a spider have?
- How does a tailorbird make its nest?