

Chapter : 1.

Food :- Where does it come from.Learning Objectives :-

Concept :-

- Students will be able to explore the relationship between diet & health.
- They will come to know the various kinds of food that we eat and the sources of those food.
- Students will analyse their personal eating behaviours.

Fact :- It will help students to know the various function of food.

- It will inculcate in students the habit of eating healthy food.

Vocabulary :-

Ingredients :- Materials used to make a food item

Nutritious :- Healthy food

Edible :- Something which can be eaten

Sprouts :- Germinated seeds

Teaching Aids :- Video on "Food - Where does it come from". [source - learn Fatafat, duration 4 mins].

- Various Activities.
- Live examples :- through students participation.

### Prior Knowledge :-

- Can you tell me what gives us energy?
- What are the various sources of food?

### Action Plan :-

After checking the prior knowledge of the students the teacher will conduct one activity in the class. The activity will be to list down the food students had ate yesterday in the morning, afternoon and at night. Students will be shown one video on the topic "Food - Where does it come from".

Now the teacher will ask the students to open their book and will make them read the chapter line by line. The teacher will explain each and every content and will also give class notes to the students. Time to time the teacher will ask question to check their understanding and the teacher will also conduct various activities related to the topic.

### Explanation :-

#### Topics to be covered

- Food
- Functions of food.
- Variety of food
- Ingredients

- Sources of food.
- Plant as a source of food
- Animals as sources of food.
- Types of Animals based on food habits
  - Herbivores
  - Carnivores.
  - Omnivores

### Food

- Anything that organism eat/drink for their survival.
- Food is what we eat to keep our body working properly.

### Functions of Food

- Food gives energy for doing work.
- Food helps in the growth and repair of the body
- It helps the body from disease and infection.
- Food provides nutrients.
  - Nutrients are substances that provide nourishment needed for growth & development of the body. Eg:- Vitamins, minerals etc.

### ACTIVITY 1 :- What do we eat ?

Ask your friends in the class about the items they would be eating during a day. List all items in the notebook as shown in the table.

Name of the Student	Food Item

Variety of food

- Did you eat the same kind of food at all times of the day.
- Did you eat the same kind of food yesterday and today ?
- People from different part of India eat different kinds of food.
- There are varieties of food like - Idli, dosa, chapati, pizza, burger etc.

Ingredients

The materials which are used to prepare a food item are called its ingredients.  
Eg :- A dish of boiled rice has two ingredients - rice and water.

ACTIVITY 2 :- Food items and their ingredients

Choose some of the items you listed in activity 1 and try to find out what ingredients are used to prepare them.

<u>Food item</u>	<u>Ingredients</u>
1. Roti / Chapati.	Atta (Flour) & Water
2.	

Sources of food

## Sources of food.

### Plant

- Roots, leaves, stems, fruits, seeds, flowers.

### Animals

- Milk, meat, egg, honey, fish etc.

### Edible

The substances which we can eat. Some plants have two or more edible (edible) parts.

Eg :- Mustard Plant

Seeds - used as oil.

leaves - used as vegetables.

### ACTIVITY 3 :- Food item sources and the parts of plant used in an ingredient.

Food item	Ingredient	Sources	Plant part used
I. Kheer	Milk	Animal	Animal
	Rice	Plant	Seed
	Sugar	Plant	Stem

### What is Nectar and Honey.

Nectar -- The sweet juice collected by the bees from flower to make honey.

Honey -- It is a sweet liquid. It has sugar, water, minerals and enzymes (chemical substance which helps in biological reactions).

Bees store honey in their hives so that they can use it throughout the year.

Types of Animals based on food habits.

### Animals

Herbivores	Carnivores	Omnivores
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#### Herbivores

Animals which eat plants and plants parts only.

Herbi means - plant

Vores means - eaters

Eg - Cow, horse, elephant etc.

#### Carnivores

Carni means - flesh

Vores means - eaters

Animals which feed on the flesh of other animals are called Carnivores.

Eg - Lion, tiger, etc.

#### Omnivores

Omni means - all

Vores means - eaters

Animals that eat both plants and animals are called Omnivores.

Eg - Crow, dog, Cat, human being etc.

#### ACTIVITY 4 :- Food of various Animals

Name of the Animal

Food the animal eats

1. Buffalo

Grass, oil cakes, hay, grains

2.

### ACTIVITY 7 :- Animal Classification.

Herbivores

Carnivores

Omnivores

1. Cow

Lion

Dog

2.

### BRAIN TEASER

- Q What would happen to all the animals on the Earth if there were no plants? Justify your answer.

### ASSESSMENT:

C.W In book

- Q.No 3 Match the items given in Column A with that in Column B.

Column A

Column B

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. Milk, curd, paneer, ghee.    | eat other animals.            |
| 2. Spinach, Cauliflower, Carrot | eat plants and plant products |
| 3. Lions and tigers             | are vegetables.               |
| 4. Herbivores.                  | are all animal products.      |

Q.No 4 Fill in the blanks with the words given:  
herbivore, plant, milk, sugarcane, Carnivore.

- Tiger is a \_\_\_\_\_ because it eats only meat.
- Deer eats only plant products and so, is called \_\_\_\_\_.
- Parrot eats only \_\_\_\_\_ products.
- The \_\_\_\_\_ that we drink, which comes from cows, buffaloes and goats is an animal product.
- We get sugar from \_\_\_\_\_.

H.W In Copy.

- Do you find that all living beings need the same kind of food?
- Name five plants and their parts that we eat.
- Does everyone around you get enough food to eat? If not, why?
- What are the ways we can think to avoid wastage of food?

#### ASSIGNMENTS

- Drew a diagram of "Different edible parts of plant."

#### ACTIVITY TO DO AT HOME :-

##### To Sprout the seeds :-

- Take the seeds and soak them overnight in water.
- Then put the seeds in a wet muslin/cotton cloth and hang the cloth indoor. Keep the cloth wet.
- After a day or two, you will see small roots and shoots growing from the seeds.