

Class 1

Subject - EVS

UNIT - 2 "My Needs"

Ls - 3 "FOOD"

UNIT 2 : MY NEEDS

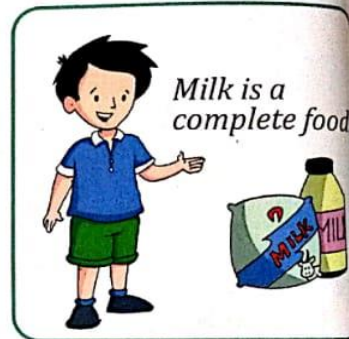
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FOOD

After reading this chapter, the children will know

- why we need food.
- vegetarian and non-vegetarian food.
- the time for meals.
- junk food.
- good eating habits.
- how to save food.

We need **food** to survive.
Food gives us **energy** to work and play.
It helps our body to **grow**.
It keeps our body **healthy** and **fit**.
It protects us from **diseases**.
Look at the pictures of some food items.



Tick (✓) the food items that you like to eat.



rice



milk



lady's finger



chicken



chapaties



fish



banana



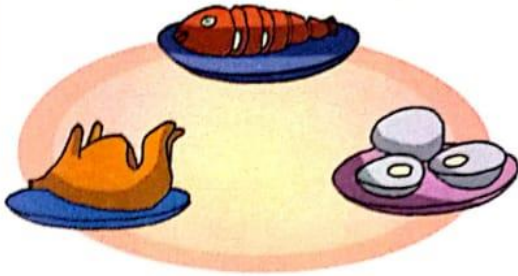
burger

Teacher's Note

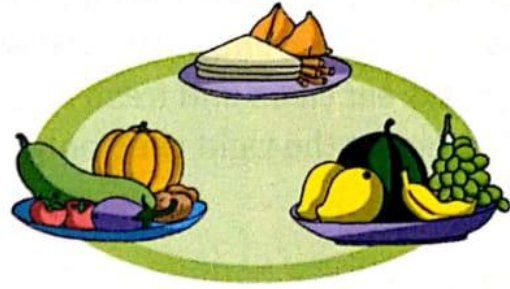
Ask the children about their favourite food items. Encourage them to eat different kinds of food. Help them understand why we should avoid junk food.

Many people eat **eggs, chicken, meat and fish**. They are called **non-vegetarians**.

People who **do not** eat eggs, chicken, meat and fish are called **vegetarians**.



Non-vegetarian food



Vegetarian food

Eating Time

We eat food **three** times a day.



*We take breakfast
in the morning.*



*We take lunch
in the afternoon.*



*We take dinner
at night.*

Junk Food

Children like to eat chocolate, pizza, burger, chips, *samosa, pakora*, etc.



These are junk food.

These food items are called **junk food**.
Doctors say that junk food is not good for health.

Good Eating Habits

Wash your hands before and after eating food.
Eat slowly and chew the food well.
Always eat clean and fresh food.
Eat food at the right time only.



Save Food

We cannot live without food.
So, we should not waste it. We should save it.
Take as much food as you can eat.
Keep the leftover food in a refrigerator.
Keep your food away from flies and germs.



Quick Review

Say YES or NO

1. When do you take lunch?
2. Name any one junk food.
3. Should we eat slowly or fast?
4. Where should we keep leftover food?

QUICK REVISION

- * Food gives us **energy** to work and play.
- * **Milk** is a complete food.
- * We eat food **three** times a day.
- * We should **not waste** food.

NOTE: - Dear students kindly read the lesson.