

Chapter - 17

OUR FOOD

The wheels of the train go
(Chuk, Chuk, Chuk)
The Wheels of the train go
(Chuk, Chuk, Chuk)
All day long
Pulled by the engine (slow and fast)
Pulled by the engine (slow and fast)
All day long
To make it start and make it go
Fill in the diesel feed in coal
To make it start and make it go
All day long



Read the poem given above and tell -

1. Who pulls the train?
2. What is used to run the engine?

The train runs with the help of Diesel and Electricity. In the same way our body needs food to function well everyday. Everyday we have different things to eat for our meals.

At home what all do you have for meals? Write below-

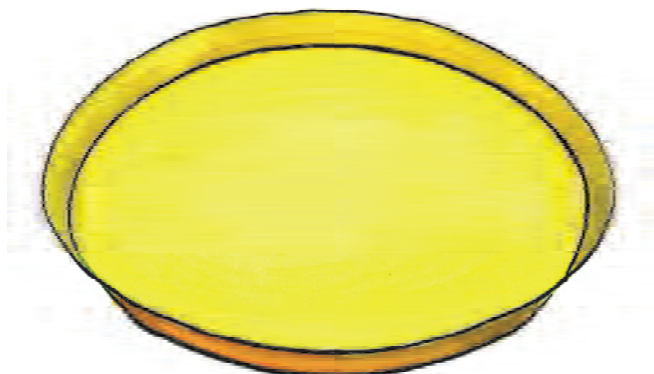
- | | |
|--------|---------|
| 1..... | 6..... |
| 2..... | 7..... |
| 3..... | 8..... |
| 4..... | 9..... |
| 5..... | 10..... |

We eat grains, dal, vegetables, fruits, milk or milk products for our meals. Apart from these we also eat things made of eggs, meat & fish. From this we get strength to fight against diseases and our body remains healthy.

Fill in the table below -

Food Items	Names
1. Grains	
2. Dal	
3. Fruits	
4. Others	

Below is given a picture of an empty plate. Draw pictures of food items you like to eat.



Write the name of food items you like to eat in your meals-

- | | |
|--------|---------|
| 1..... | 6..... |
| 2..... | 7..... |
| 3..... | 8..... |
| 4..... | 9..... |
| 5..... | 10..... |

Some food stuffs are cooked, whereas the others are eaten raw. Write their names in the table given below-

S.No.	Raw food	Cooked	Both Types
1.			
2.			
3.			
4.			
5.			

Do you know that every food has a different taste. According to taste fill in the table below-

S.No.	Taste	Name of Food Items
1.	Sweet	
2.	Sour	
3.	Spicy	
4.	Bitter	
5.	Salty	



Write the names of different dishes & sweets prepared on different festivals in the table below-

S.No.	Name of Festivals	Dishes Prepared
1.	Diwali	
2.	Holi	
3.	Teeja Pola	
4.	Hareli	
5.	Eid	
6.	Christmas	

We use water to prepare food. Water is an important part of our food.



What have we learnt?



To be taken up orally

1. What do we get from food?
2. What should we eat to protect our body from illness?
3. Which sweets are prepared on the festival of Holi?



Written task

1. Choose the grains from the words given below and circle them.
Bajara, Moong, Cauliflower, Potato, Wheat, Arhar (Pulses)
Lady's finger, Rice
2. Write the names of four dishes of your choice?
3. Write two-three names of things used raw & cooked?



Let's look around

1. On the occasion of Holi and Diwali which sweets are prepared in your village / Town. Find out from any five families of your village.
2. Which vegetables, grains & fruits are grown in your village?