

Chapter 1

Food

I. Choose and write the correct Answer:

Question 1.

Bread, wheat and potato are rich in _____.

- (a) fats
- (b) carbohydrate
- (c) protein
- (d) roughage

Answer:

- (b) carbohydrate

Question 2.

A balanced diet contains _____.

- (a) Carbohydrates and vitamins
- (b) Proteins, fats and minerals
- (c) Fibre and water
- (d) All the above

Answer:

- (d) All the above

Question 3.

The Vitamin present in carrot is _____

- (a) Vitamin-K
- (b) Vitamin-A
- (c) Vitamin-D
- (d) Vitamin-E

Answer:

- (b) Vitamin-A

Question 4.

Which of these things are BAD for you?

- (a) Eating green vegetables
- (b) Washing vegetables before cutting them
- (c) Eating lot of fat food items
- (d) Eating lot of pulses

Answer:

- (c) Eating lot of fat food items

Question 5.

The given picture shows that Raman is most likely eating his a) Breakfast b) Lunch c)

Dinner

(a) Breakfast

(b) Lunch

(c) Dinner

Answer:

(b) Lunch

II. Fill in the blanks.

Question 1.

Food rich in _____ are called body-building food.

Answer:

Proteins

Question 2.

_____ helps in proper functioning of our body.

Answer:

Vitamins

Question 3.

A _____ is necessary for the proper growth and development of our body.

Answer:

Balanced diet

Question 4.

Sprouted seeds contain more _____.

Answer:

Proteins

Question 5.

_____ is the second meal of a day.

Answer:

Lunch

III. Match the following:

1. Carbohydrates and fats	a. Supports body growth
2. Vitamins	b. Regulates body functions
3. Proteins	c. Energy-giving food
4. Minerals	d. Fights diseases

Answer:

1. Carbohydrates and fats	a. Energy-giving food
2. Vitamins	b. Fights diseases
3. Proteins	c. Supports body growth
4. Minerals	d. Regulates body functions

IV. Answer the following Questions.

Question 1.

How many nutrients are there? What are they?

Answer:

There are five main nutrients that our body requires. They are carbohydrates, proteins, fats, vitamins and minerals.

Question 2.

Siva is 6 years old. He needs to have good amount of proteins. Give reason.

Answer:

Growing kids need protein to help them build, maintain and replace the tissues in our body. Protein foods also help to form new blood cells and body tissues, and they help the nervous system function properly. So protein are known as body-building foods.

Question 3.

What is a balanced diet?

Answer:

A balanced diet contains all nutrients in the right amounts. It also includes fibre and water. It helps in the growth and development of our body.

Question 4.

What are the meals in a day?

Answer:

A meal is what we eat during a particular time of the day. Breakfast, Lunch and Dinner are the three main meals we eat every day.

Question 5.

What are some traditional food items?

Answer:

Traditional Foods are Ragi, Thinai, Samai, Kuthiraivaali, Varagu and Kambu.

Question 6.

Write any three advantages of a Home Garden.

Answer:

1. It is the easiest method.
2. Waste water can be reused.
3. We get vegetables which are fresh and high in nutritive value.

In-Text Activity:

Warm-up (Text Book Page No. 37):



a. The food items which should be avoided are indicated by _____ colour.

Answer:

Red

b. The food items which are healthy are indicated by _____ colour.

Answer:

Green

c. The food items which can be eaten in small quantities are indicated by _____ colour.

Answer:

Yellow

Let us Write (Text Book Page No. 39):

Let us Write

Energy - Giving Food Items

- 1.
- 2.
- 3.
- 4.

Body - Protecting Food Items

- 1.
- 2.
- 3.

Be Sensitive

Most children love to eat food items like burgers, pizzas and chocolates, which are not good for health. They make children to gain extra weight.

Avoid eating unhealthy foods and eat nutritious food to stay healthy. A healthy snack may include sprouts, fruits and salads.

Body - Building Food Items

- 1.
- 2.
- 3.
- 4.

Answer:

Let us Write

Energy - Giving Food Items

1. Rice
2. Wheat
3. Potato
4. Sugar Cubes

Body - Protecting Food Items

1. Carrot
2. Orange
3. Gooseberry

Be Sensitive

Most children love to eat food items like burgers, pizzas and chocolates, which are not good for health. They make children to gain extra weight.

Avoid eating unhealthy foods and eat nutritious food to stay healthy. A healthy snack may include sprouts, fruits and salads.

Body - Building Food Items

1. Fish
2. Milk
3. Egg
4. Nuts

Let us Write (Text Book Page No. 40):

A. What are the nutrients present in the following food items?

Question 1.

Rice contains _____.

Answer:

Carbohydrates

Question 2.

Coconut oil contains _____.

Answer:

Fats

Question 3.

Egg contains _____.

Answer:

Protein

Question 4.

Fig contains _____.

Answer:

Minerals

Question 5.

Carrot contains _____.

Answer:

Vitamins

B. Fill in the table given below:

Sl. No	Nutrients	Why do you need it?	Sources (Food items)
1	Carbohydrates	They give us energy to work and play	
2	Vitamins		Carrot
3		They help to build our body	
4	Fats	Reservoir of energy	
5	Minerals		

Answer:

Sl. No.	Nutrients	Why do you need it?	Sources (Food items)
1	Carbohydrates	They give us energy to work and play	Rice, Wheat, Potato, Sugar cubes and bread
2	Vitamins	To work properly	Carrot
3	Proteins	They help to build our body	Fish, Milk, Egg, Nuts and Sprouted seeds
4	Fats	Reservoir of energy	Chees, Butter, Ghee, Meat, Oil and Nuts
5	Minerals	Formation of blood, bone and teeth	Pear, Garlic, Banana and Apple

Let us Find (Text Book Page No. 41):

Unscramble the following words and search them in the word grid (One is done for you).

ELBATEGEV - VEGETABLE

AITVIMN -

INMELAR -

MKIL -

WTERA -

HEGE -

RCIE -

GEG -

FSHI -

X	N	Z	R	V	W	S	R	Y
V	E	G	E	T	A	B	L	E
I	W	H	M	K	T	J	O	C
T	B	E	I	C	E	F	H	I
A	J	E	L	S	R	X	Q	R
M	L	A	K	W	E	G	G	I
I	C	M	I	N	E	R	A	L
N	H	S	I	F	H	D	A	N

Answer:

ELBATEGEV - VEGETABLE
 AITVIMN - VITAMIN
 INMELAR - MINERAL
 MKIL - MILK
 WTERA - WATER
 HEGE - GHEE
 RCIE - RICE
 GEG - EGG
 FSHI - FISH

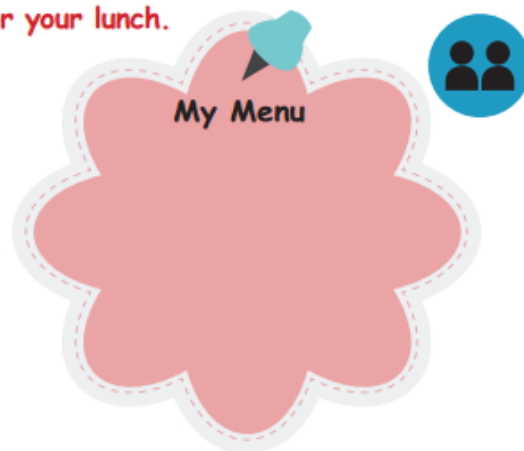
X	N	Z	R	V	W	S	R	Y
V	E	G	E	T	A	B	L	E
I	W	H	M	K	T	J	O	C
T	B	E	I	C	E	F	H	I
A	J	E	L	S	R	X	Q	R
M	L	A	K	W	E	G	G	I
I	C	M	I	N	E	R	A	L
N	H	S	I	F	H	D	A	N

Let us Do (Text Book Page No. 41):

Design a meal for your lunch.



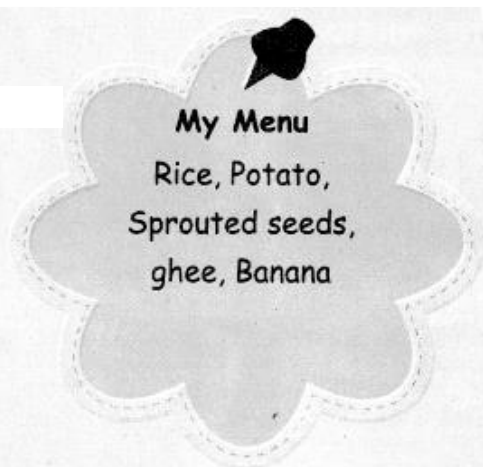
Health Care!
 Drink plenty of water every day. We should not spill the food while eating.



Answer:



Health Care!
 Drink plenty of water every day. We should not spill the food while eating.



To check whether it is a balanced diet, split your meal according to the nutrients.

Proteins	Carbohydrates	Vitamins and Minerals	Fats

Answer:

Proteins	Carbohydrates	Vitamins and Minerals	Fats
Sprouted seeds, Egg, Milk	Rice, Potato	Carrot, Orange, Banana, Apple	Butter, Ghee, Meat

Think & Answer:

Question 1.

Why do you eat every day? What happens if you don't eat sometimes?

Answer:

- Every day we feel hungry, and so we eat something.
- If we don't eat sometimes, we will be tired.

Question 2.

Why do we need food?

Answer:

- Food gives us the energy to work and play.
- Food builds our body.
- Food keeps us healthy. So, we need food.

Question 3.

What do you usually eat for breakfast?

Answer:

I usually eat any one of the items of idly, dosa, bread omelet, idiyappam, poori, aappam, and Pongal.

Question 4.

Which of the food items that are brought by your friends for lunch?

Answer:

My friends bring curd rice, lemon rice, tomato rice, tamarind rice, rice along with sambar, biriyani, fruit salad, greens, vegetable salad, cereals, etc. for lunch.

Question 5.

At what time you go to bed every day? At what time you have your dinner?

Answer:

- I go to bed at 9.00 p.m. every day.
- I have my dinner at 8.00 p.m.

Try to Answer (Text Book Page No. 43):



Question 1.

Which activities are healthy?

Answer:

2, 4, 5

Question 2.

Which activities are not so healthy?

Answer:

1, 3

Try to answer (Text Book Page No. 44):

Some of the famous food items of Tamil Nadu are given below. Write the food items of the particular place.

(halwa, murukku, jackfruit, spices, kadalai mittai, mango, tea)

Question 1.

Manapparai is famous for _____

Answer:
Murukku

Question 2.
The nilgiris is famous for _____

Answer:
Tea

Question 3.
Panruti is famous for _____

Answer:
Jackfruit

Question 4.
Kollimalai is famous for _____

Answer:
Spices

Question 5.
Tirunelveli is famous for _____

Answer:
Halwa

Question 6.
Kovilpatti is famous for _____

Answer:
Kadalai Mittai

Question 7.
Salem is famous for _____

Answer:
Mango

Let us Discuss (Text Book Page No. 45):

Observe the pictures. Who needs more nutritious food? Why?





Answer:

Manual laborers are some of the hardest working people out there and it's very important that they keep their energy high for the day, not only to be able to complete the work, but also to keep their brains alert to avoid mistakes or accidents. So they need more nutritious food.

Try to Answer (Text Book Page No. 45):

Do your parents prepare the same food items for all festivals? If not, write the name of special food items prepared at different festivals.

Sl. No	Name of the festivals	Food items prepared
1		
2		
3		
4		
5		

Answer:

S. No	Name of the festivals	Food items prepared
1	Deepavali	Murukku, Athirasam
2	Pongal	Jaggery Pongal
3	Ramzan	Biryani
4	Christmas	Cake
5	Vinayaka Chaturthi	Kozhukattai

Let us Do (Text Book Page No. 46):

A. Colour the circle in GREEN for traditional food and 'RED' for modern food.

Ragi Koozh	<input type="radio"/>	Pizza	<input type="radio"/>	Thinai	<input type="radio"/>	Ragi Ball	<input type="radio"/>
Samai Rice	<input type="radio"/>	Kambu	<input type="radio"/>	Paratha	<input type="radio"/>	Noodles	<input type="radio"/>
Ragi Adai	<input type="radio"/>	Burger	<input type="radio"/>	Biriyani	<input type="radio"/>	Chips	<input type="radio"/>

Answer:

Ragi Koozh	<input checked="" type="radio"/>	Pizza	<input type="radio"/>	Thinai	<input checked="" type="radio"/>	RagiBall	<input checked="" type="radio"/>
Samai Rice	<input checked="" type="radio"/>	Kambu	<input checked="" type="radio"/>	Paratha	<input type="radio"/>	Noodles	<input type="radio"/>
Ragi Adai	<input checked="" type="radio"/>	Burger	<input type="radio"/>	Biriyani	<input checked="" type="radio"/>	Chips	<input type="radio"/>

B. Using watercan / coconut shells, make a mini garden in your classrooms

Answer:

Activity to be done by students.