

# Word Focus

* 1. Food
  2. Vegetarian
  3. Fruits
  4. Vegetables
  5. Energy giving food
  6. Body building food
  7. Protective food
  8. Nutrients
  9. Junk food
  10. Hygiene

# Lesson - 3 My needs : Food

1. **Give examples and draw**
   1. Energy giving food Rice Potato
   2. Body building food

Egg milk peas

* 1. Protective food

Fruits veagetables

* 1. Food from animals

Fish honey meat

* 1. Food from plants

Fruits veagetables

# Answer the following

* 1. Why do we need food?

We need food to get energy to be healthy and strong.

* 1. Write the difference between healthy food and junk food.

|  |  |
| --- | --- |
| **Healthy food** | **Junk food** |
| Healthy food keeps our body fit and healthy. | Junk food makes our body unfit and unhealthy. |
| Eg: nuts, fruits and vegetables | Eg: pizza, chips, burger |

3.List 2 ways to avoid food wastage.

* Do not cook more than needed
* Store the extrafood in the fridge properly,

1. Mind map:

HOTS:

When you and your classmates are going on a class picnic, and you get to plan a

healthy snack menu that everyone will love.What will be your menu and Why do you think healthy snacks are important for our bodies?