

Unit 3

Gifts of Nature

8. Food We Eat



Draw

- Draw pictures of your favourite homemade food dishes and name them.

Ans.



Dhokla



Aloo-Tikki



Methi Thepla



Idli



Activity - 1

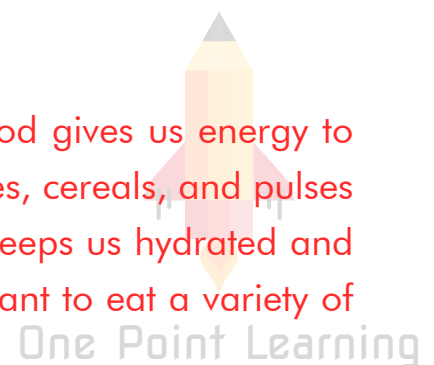
- Share your reasons for why you like the food items you have drawn.

Ans. I like the food items I have drawn for several reasons:

- I like Dhokla because it is soft, spongy, and has a sweet and sour taste. I enjoy eating it with green chutney.
- I like Aloo Tikki because it is crispy from the outside and soft inside. It tastes spicy and is fun to eat with tamarind chutney.
- Methi Thepla is my favorite because it has a nice flavor of methi and I like to eat it with curd or pickle.
- I enjoy Idli because it is soft and fluffy. I love eating it with sambar and coconut chutney.

- Have you wondered why we eat and drink?

Ans. Yes, we eat and drink to stay strong and healthy. Food gives us energy to play, learn, and grow. Different types of food like vegetables, cereals, and pulses help us in different ways. Drinking water, milk, and juice keeps us hydrated and helps our body stay clean and cool. That's why it is important to eat a variety of healthy food every day.





Find out

Talk to the elders in your family and discuss in the class: Why do we need to eat and drink?

Ans. I talked to my parents and grandparents. They told me that:

- We eat to get energy for playing, studying, and working.
- Food helps us grow strong and healthy.
- Eating fruits and vegetables gives us vitamins and minerals that protect us from falling sick.
- Drinking water keeps us hydrated and helps our body stay cool and clean.
- Healthy food helps our body repair itself and makes us feel fresh.

My grandmother said, "Our body is like a machine, and food is its fuel!"



Discuss

- Why do we need to eat healthy food?

Ans. We need healthy food to stay fit, avoid falling sick, grow properly, and have energy to study, play, and work.



Activity - 2

Tick the food items you eat regularly from the pictures given below.

Ans.



☒ Vegetables



☐ Salads



☒ Fruits



☐ Sweets



☒ Rice



☒ Dal



☒ Roti



☒ Milk



☐ Snacks



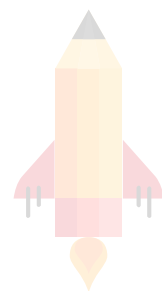
☐ Lassi



☒ Juice



☐ Paneer



One Point Learning

- Which foods above should be part of a balanced diet?

Ans. The following foods should be part of a balanced diet:

- Vegetables
- Fruits
- Rice
- Dal
- Roti
- Milk
- Juice

These provide carbohydrates, proteins, vitamins, minerals, and help keep our body strong and healthy.



Find out

Make a list of fruits and vegetables available and special food items that are prepared in the summer and in the winter.

Ans.

Summer	Winter
Mango	Apple
Watermelon	carrot
Cucumber	spinach
Aam panna	Gajar halwa
Ice-cream	soup

Name these drinks in your language (Hindi):

Ans.

English Name	Hindi Name
Tender coconut	नारियल पानी (Nariyal Pani)
Water	पानी (Pani)
Mango Juice	आम का रस (Aam ka Ras)
Aam Panna	आम पन्ना (Aam Panna)
Orange Juice	संतरे का रस (Santre ka Ras)
Lime Water	नींबू पानी (Nimbu Pani)

- How often do you drink water?

Ans. I drink water many times a day — when I wake up, after playing, while studying, and during meals. Our body needs water to stay cool and healthy, so I try to drink at least 6 to 8 glasses of water every day.

- Where does food come from?

Ans. Food comes from plants and animals.

- From plants, we get fruits, vegetables, grains (like rice and wheat), pulses, and sugar.
- From animals, we get milk, curd, ghee, cheese, eggs, meat, and honey.

Farmers grow food in fields, and some food like milk and eggs comes from animals on farms.



Find out

- Do you know which foods are grown in the fields? Write a few names of such crops.

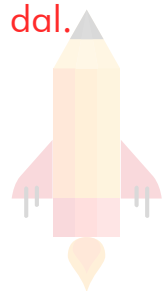
Ans. Yes, many foods are grown in the fields. Some of them are:

- Wheat
- Rice
- Maize (corn)
- Sugarcane
- Pulses (dal)
- Vegetables like tomato, brinjal, and spinach
- Fruits like watermelon and muskmelon

- Discuss and write down in what form some of these foods are cooked.

Ans. Forms in which these foods are cooked:

- Wheat is made into flour, which is used to make roti or chapati.
- Rice is boiled and eaten with dal or curry.
- Maize is used to make corn snacks or makki ki roti.
- Sugarcane is used to make jaggery (gur) and sugar.
- Pulses (dal) are boiled and cooked with spices to make dal.
- Vegetables are chopped and cooked into sabzi.
- Fruits are eaten fresh or made into juice or fruit salad.



One Point Learning

We eat different parts of plants. Some examples are given below. Put a tick (✓) against the items that you eat.

Leaves



Fruits



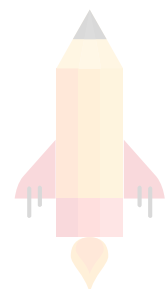
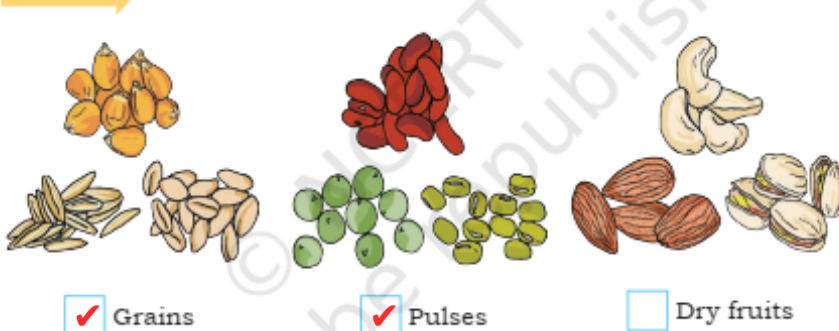
Roots



Stems



Seeds





Puzzle Time

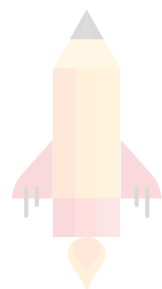
Two of our most commonly used ingredients are neither obtained from plants nor from animals. Name at least one of these ingredients.

Ans: Salt, Water

These are not from plants or animals. Salt comes from the sea or rocks, and water is found in rivers, lakes, and rain.

Would you share your food with your friend if your friend does not bring lunch?

Ans: Yes, I would definitely share my food. Sharing is caring. It makes my friend happy and no one should stay hungry.



Let us reflect



A. Discuss

1. Why do we need different kinds of food?

Ans. We need different kinds of food because each type of food helps our body in a different way:

- Some foods give us energy (like rice, roti, sugar).
- Some help us grow (like dal, milk, eggs).
- Some protect us from falling sick (like fruits and vegetables).

Eating a variety keeps us strong, healthy, and happy!

2. Why do we eat seasonal foods?

Ans. Seasonal foods are fresh, tasty, and good for our health. Seasonal foods also grow easily and are more affordable.

For example:

- In summer, we eat juicy fruits like mango and watermelon to stay cool.
- In winter, we eat warm foods like carrot halwa and soups to stay warm.

3. How can you tell if a food is healthy or unhealthy?

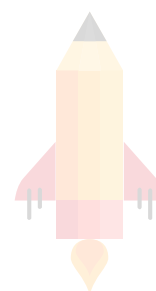
Ans. If a food makes you feel active and strong, it's healthy. If it makes you feel lazy or sick, it's unhealthy.

- Healthy food is fresh, cooked at home, and has vegetables, fruits, grains, and milk.
- Unhealthy food is junk food — too oily, salty, or sweet, like chips, cold drinks, and candies.

4. Why is it important to avoid wasting food? can you think of some ways to reduce food waste at home?

Ans. Food is precious. Many people do not get enough to eat. Wasting food is not right.

- Ways to reduce food waste at home:
- Take only as much food as you can eat.
- Store leftover food properly in the fridge.
- Use extra vegetables to make soup or sabzi.
- Share food with others instead of throwing it away.



One Point Learning



B. Write

1. List the fruits and vegetables eaten in your family.

Ans: List the fruits and vegetables eaten in your family:

Fruits	Vegetables
Mango, Banana Apple, Orange Papaya, Chikoo Watermelon	Potato, Tomato Spinach, Brinjal Cabbage, Carrot Ladyfinger (Bhindi)

2. Write the recipe of your favourite dish.

Ans. Poha (Flattened Rice)

Ingredients:

- Poha (flattened rice)
- Mustard seeds
- Curry leaves
- Green chilies
- Onion
- Salt, turmeric
- Lemon juice
- Coriander leaves
- Peanuts (optional)

Steps:

- Wash poha and keep it aside.
- Heat oil in a pan and add mustard seeds.
- Add curry leaves, green chilies, and chopped onions.
- Add salt, turmeric, and peanuts.
- Add the poha and mix well.
- Turn off the flame and squeeze lemon juice.
- Garnish with coriander leaves and serve hot!

3. Write a name of a food item that includes both plant and animal based ingredients. For example, lassi includes yogurt/curd which is prepared from milk (animal based ingredient) and sugar which is prepared from sugarcane (a plant based ingredient).

Ans. Kheer – It is made with:

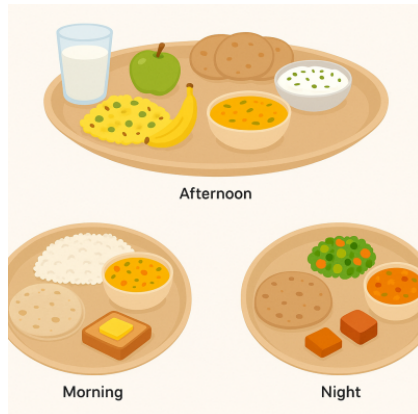
- Milk (animal-based)
- Rice and sugar (plant-based)



C. Draw

1. Draw three plates or thalis with various food items in your notebook.
2. In these plates draw and label food items that you eat in the morning, afternoon and at night.

Ans.



D. Eating together

Bring any fruit to the class. Prepare a fruit chaat or salad with the help of your teacher. Share it with your friends.

Ans: I brought an apple to class. My friends brought banana, orange, papaya, and pomegranate. With the help of our teacher, we cut all the fruits and mixed them in a big bowl. We added a little lemon juice and chaat masala to make a tasty fruit chaat. 🍌 ✨

Then we all sat together and shared the fruit chaat. It was fun and delicious! I enjoyed eating with my friends and learned that fruits are healthy and tasty too!



E. Think

Imagine you suddenly have a guest visiting your home. What kind of food would you serve them and why?

Ans: If a guest suddenly visits my home, I would serve them poha or upma with tea or juice. These are easy and quick to make. I would also give some biscuits or fruits if they want something light.

If it is lunchtime or dinnertime, I would serve dal, rice, roti, sabzi, and curd. These are healthy, homemade, and taste good.

I want my guest to feel welcome and happy, so I would serve them fresh, tasty food with love.