

6

Happy and Healthy Living

Chapter Notes:

Introduction

- **Diverse Choices:** We enjoy a wide variety of foods made from different grains (like rice and wheat), pulses (like dals), and vegetables.
- **Favorite Foods:** Eating food we like makes us feel joyful and satisfied.
- **Connection to Nature:** Most of the ingredients used to make our favorite dishes come directly from plants and the earth.
- To understand what we eat, we must look at the ingredients.

Journey of the Grains

- The journey of a grain involves several stages and contributors to reach our plate:
 - **Natural Support:** Soil, water, sunlight, and air are essential for the seeds to sprout and grow.
 - **Hard Work by People:** Farmers sow, protect, and harvest the crops. Sellers and Shopkeepers transport and sell the grains. Family members buy and cook the food.
 - **Help from Animals:** Cattle help plow the fields, and tiny creatures like earthworms keep the soil healthy.
 - **The Process:** It starts with sowing seeds, moves to harvesting and packing, then travels to shops, and finally ends in our kitchen.
 - **Gratitude:** Because of this long journey and hard work, we celebrate harvest festivals (like Makar Sankranti and Onam) and should never waste food.

One Point Learning



Did You Know?

- In India, we celebrate festivals to thank nature for food:
 - Makar Sankranti
 - Onam
 - Lohri
- 👉 These festivals show gratitude to Mother Nature.

Mindful Eating

- Mindful eating means:
 - Eating slowly
 - Chewing properly
 - Enjoying taste and smell
- Steps:
 - Put food slowly in mouth
 - Feel it with tongue
 - Chew gently
 - Enjoy taste and texture
- Importance:
 - Helps us enjoy food
 - Helps us choose healthy food
 - Makes us thankful
- 👉 Always take only what you can eat.

Valuing Food

- Every grain is important
- Many people work hard to give us food
- We should not waste food
- 👉 Always take only what you can eat.

**Enjoy Sports**

- Along with good food, exercise is important to stay healthy.
- Physical activities keep us strong and energetic
- Examples of activities:
 - Playing in open fields
 - Running
 - Jumping
 - Cycling
 - Skipping
- These activities make us active and happy
- **Yoga** improves our posture
- It keeps our body and mind calm and healthy
- 👉 Exercise daily to stay fit, active and happy

Sleep Well Too!

- Our body needs enough sleep every day.
- After playing or exercising, rest is important.
- Importance of sleep:
 - Removes tiredness
 - Makes us feel fresh and active
 - Helps us focus on work and play
- Lack of sleep:
 - Makes us tired
 - Makes us sleepy and lazy
 - We feel irritated
 - Hard to concentrate
- 👉 Getting enough sleep is as important as eating healthy food and exercising.

Feeling Safe

- Sometimes we may feel unhappy, unsafe or uncomfortable.
- It is important to know the difference between **safe touch** and **unsafe touch**.
- **Safe Touch:**
 - Makes us feel happy and comfortable
 - Example: a hug from parents or family
- **Unsafe Touch:**
 - Makes us feel scared, confused or uncomfortable
 - It can be from anyone (known person or stranger)
- **What should you do?**
 - Say “NO” firmly
 - Tell a trusted adult (parents or teacher)
 - Always speak up
- **Healthy Living Reminder**
 - Eat food at the right time
 - Exercise and play daily
 - Take proper rest

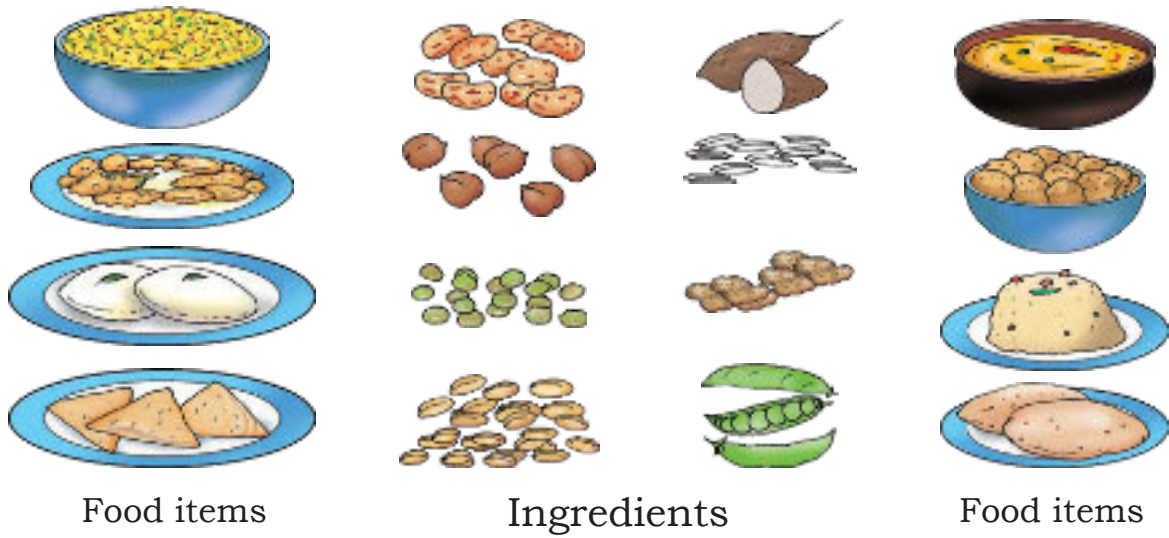
👉 Taking care of our body and mind helps us stay happy, healthy and joyful

New Terms

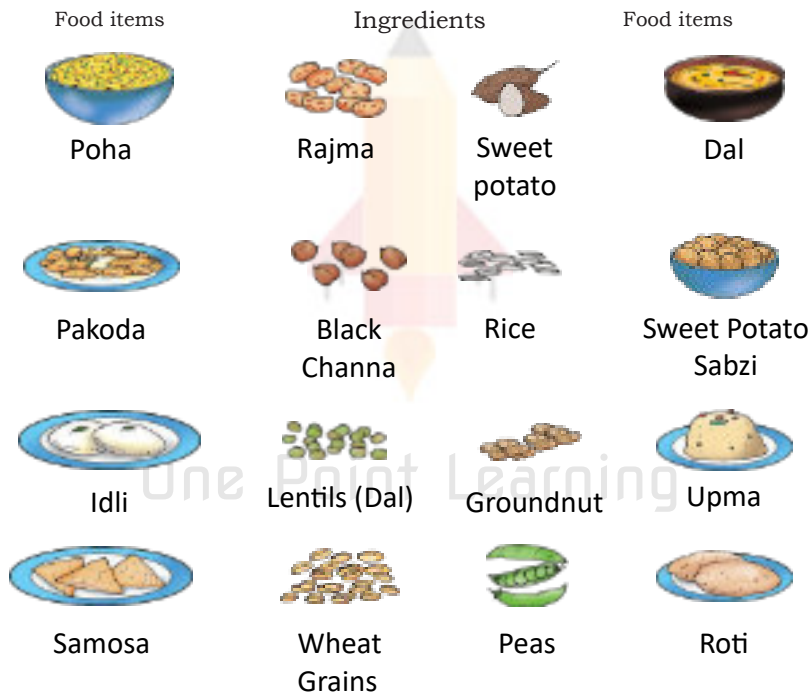
Word	Meaning
• Grains	- Seeds like rice and wheat that we eat
• Pulses	- Edible seeds like lentils (dal)
• Journey	- A process from one place to another
• Farmer	- A person who grows crops
• Harvest	- Cutting and collecting crops
• Natural elements	- Things from nature like water, soil and sunlight
• Sunlight	- Light and heat from the sun
• Soil	- The top layer of earth where plants grow
• Gratitude	- Feeling thankful
• Mindful eating	- Eating slowly and carefully
• Texture	- How something feels (soft, hard, crunchy)
• Saliva	- Liquid in the mouth that helps digestion
• Chew	- To break food into small pieces with teeth
• Swallow	- To take food from mouth to stomach
• Exercise	- Physical activity to keep body fit
• Posture	- The way we sit or stand
• Energy	- Strength to do work
• Rest	- Relaxing the body
• Sleep	- Taking rest by closing eyes
• Irritable	- Getting angry or upset easily
• Safe touch	- Touch that makes us feel comfortable
• Unsafe touch	- Touch that makes us feel scared or uncomfortable
• Trusted adult	- A person like parents or teacher we can trust

Activity 1 (Page 58)

Q. Connect the food items shown below with the ingredients used to make them.



Ans.



Food Items

- Poha →
- Pakoda →
- Idli →
- Samosa →
- Dal →
- Sweet Potato Sabzi →
- Upma →
- Roti →

Ingredients

- Rice
- Black Channa (besan)
- Rice + Lentils (Dal)
- Wheat grains
- Lentils (Dal)
- Sweet potato
- Wheat grains (suji)
- Wheat grains

Activity 2 (Page 88)

Observe the pictures and answer the following questions.

Q 1. Put a tick (✓) on the elements that assist a grain in its journey.

Soil	Stone	Air	Wood	Water	Tiger
✓					
Farmer	Earthworm	Hills	Fire	Insect	Bat

Ans.

Soil	Stone	Air	Wood	Water	Tiger
✓		✓		✓	
Farmer	Earthworm	Hills	Fire	Insect	Bat
✓	✓				

Write (Pages 88)

Q 1. What is the role of farmers in this process?

Ans. Farmers play a very important role in this process. They grow crops like rice and wheat by sowing seeds, watering the plants, and taking care of them. They work hard in the fields and harvest the crops when they are ready. Because of their efforts, food reaches our homes and we are able to eat every day.

Q 2. List out the missing elements in the table above.

From the time a seed is sown, to the point when food reaches our plate, it is a remarkable journey. Can you list the roles of the different elements involved in this journey?

- (a) Soil : _____
- (b) Water : _____
- (c) Farmer : _____
- (d) Cattle : _____
- (e) Shopkeeper : _____
- (J) Family members : _____
- (g) Any other : _____

Ans. Roles of Different Elements

(a) Soil:

- Helps plants grow
- Gives nutrients to crops

(b) Water:

- Helps seeds to grow
- Keeps plants healthy

(c) Farmer:

- Sows seeds and takes care of crops
- Harvests and sends food to market

(d) Cattle:

- Help in ploughing fields
- Give manure (natural fertilizer)

(e) Shopkeeper:

- Sells grains and food items
- Provides food to people

(f) Family members:

- Buy food items
- Cook and serve food

(g) Any other (Sunlight):

- Helps plants to make food
- Essential for growth

Activity 3 (Page 89)**Thank You Everyone?**

Q. Whom would you like to thank for the food you eat? Please write your answers in the following space.



Ans.

Thank You Farmers	Thank You Shopkeepers	Thank You Transporters
Thank You Family	Food	Thank You Nature
Thank You Cattle	Thank You Workers	Thank You Sunlight

Discuss (Page 92)**Q 1. What role does your tongue play in this process?****Ans.** The tongue helps us taste the food and move it inside the mouth.**Q 2. What do your teeth do to the food?****Ans.** The teeth chew the food and break it into small pieces.**Q 3. What happens to the food inside your mouth during this process?****Ans.** The food is chewed, mixed with saliva, becomes soft, and is ready to swallow.**Activity 4 (Page 93)**

For a week, keep a record of the food you eat for breakfast, lunch and dinner. After every meal, make an entry in the following table. If you ate everything, write 'Yes' and add a happy smiley. If you left some food, write 'No' and add a sad face.

Day	Breakfast	Lunch	Dinner	Did you eat fully?	Did you waste?	How do you feel?
1.						
2.						
3.						
4.						
5.						
6.						
7.						

Ans.

Day	Breakfast	Lunch	Dinner	Did you eat fully?	Did you waste?	How do you feel?
1	Milk & Poha	Dal, Rice	Roti, Sabzi	Yes 😊	No	Happy 😊
2	Idli	Khichdi	Roti, Dal	Yes 😊	No	Fresh 😊
3	Bread & Milk	Roti, Sabzi	Rice, Dal	No 😞	Yes	Sad 😞
4	Upma	Dal, Rice	Roti, Sabzi	Yes 😊	No	Good 😊
5	Paratha	Roti, Dal	Khichdi	Yes 😊	No	Happy 😊
6	Fruits & Milk	Rice, Sabzi	Roti, Dal	No 😞	Yes	Not good 😞
7	Poha	Dal, Rice	Roti, Sabzi	Yes 😊	No	Happy 😊

Write (Page 93)**What will you do —****Q 1. If someone offers you food more than you need?****Ans.** I will politely say "No" or ask for a smaller portion so that I do not waste food.**Q 2. If you do not like a food item on your plate?****Ans.** I will try to eat a little and not waste it. I can also politely tell that I do not like it.

Write (Page 94)

Look at the picture below.



Identify the activities people are engaged in.

Ans. Here are the activities people are engaged in

- Two children are playing badminton.
- One child is riding a bicycle.
- Two children are playing football.
- Two children are playing with a ball, while one child is cheering them.
- One child is sitting on a swing.
- Two children are sliding down a slide.
- One girl is reading a book.
- One boy is sitting on a bench and watching the other children.
- One child is walking.

children are enjoying different outdoor sports and activities.

Discuss (Page 95)

Q 1. Which physical activities do you do in your daily life?

Ans. In daily life, we can stay active by doing activities such as:

- **Outdoor Games:** Playing in open fields with friends, like football, cricket, or tag.
- **Simple Exercises:** Running, jumping, cycling, and skipping.
- **Yoga:** Practicing different yoga poses helps improve our body posture.
- **Daily Movement:** Walking to nearby places or helping with active chores at home.

Q 2. How do you feel on a day when you play a lot?

Ans. On a day when you play a lot, you generally feel:

- **Strong and Energetic:** Physical activity keeps the body powerful and full of energy.

- **Happy and Active:** Playing releases happy feelings and keeps the mind joyful.
- **Physically Tired but Relaxed:** While your muscles might feel tired, it is a "good" tiredness that helps you sleep better.
- **Fresh:** Engaging in sports makes you feel fresh and ready for the next day.

Find Out (Page 95)

Q. Can you name the games depicted in the pictures below?



Ans.



Gilli Danda



Lagori (Seven Stones)



Chain game (Pakdam Pakdai / Chain Tag)



Hopscotch (Stapu)

Activity 5 (Page 95)

With your teacher's guidance, practice the easy yoga poses given below for a week, and record your observations.



Ans. Yoga Practice – Observations

Day 1: Felt a little difficult but good

Day 2: Body felt relaxed

Day 3: Balance improved slightly

Day 4: Felt fresh and active

Day 5: Flexibility improved

Day 6: Felt calm and happy

Day 7: Felt strong, relaxed and energetic

Activity 6 (Page 97)**Fill the table given below.**

Day	When did you sleep?	When did you get up?	Duration of sleep	How you felt during the day? (a, b, c)
Yesterday				
Day before yesterday				
Prior to it				

Ans.

Day	When did you sleep?	When did you get up?	Duration of sleep	How you felt during the day?
• Yesterday	10:00 pm	6:30 am	8½ hours	a (Felt fresh) 😊
• Day before yesterday	11:00 pm	6:00 am	7 hours	b (Lazy) 😞
• Prior to it	11:30 pm	6:00 am	6½ hours	c (Sleepy) 😴

Discuss (Page 97)**Q 1. Why do you think our body needs rest?****Ans.** Our body needs rest because:

- **Recovery:** Sufficient sleep takes away our tiredness and makes us feel fresh.
- **Focus:** Without rest, it becomes very difficult for us to focus on our work or play during the day.
- **Mood:** A lack of rest can make us feel sleepy and irritable.

Q 2. Do you think it is important to rest after a busy day of exercise and play? Why?**Ans.** Yes, it is very important to rest after a busy day of physical activity because:

- **Energy Restoration:** Exercise and play use up a lot of energy; sleep helps the body "recharge" so we have energy for the next day.
- **Physical Health:** Sleep allows our muscles and body parts to recover after being active and staying strong.
- **Mental Freshness:** Rest ensures that we wake up feeling lazy or sleepy, but rather active and ready to learn.

Activity 7 (Page 98)

Look at the pictures of different situations given below. Put a tick (✓) for the situation where the child would feel comfortable and put a cross (✗) for the situation where the child would feel uncomfortable.



Ans.

Write (Page 97)

Q 1: What would you do if someone's touch made you feel uncomfortable?

Ans. I would say "No" loudly, move away, and tell a trusted adult.

Q 2: If you face an unsafe situation, who would you tell?

Ans. I would tell my parents, teacher, or any trusted adult.

Q 3: List two situations where you would firmly say 'No'.

Ans.

- If someone tries to touch me in an uncomfortable way.
- If a stranger asks me to go somewhere with them.

Let us reflect

1. If the following are missing, what would happen to a food grain?

Elements

Soil _____

Water _____

Sunlight _____

Animals

Cattle _____

Earthworm _____

People

Farmer _____

Shopkeeper _____

Cook _____

Ans.

Elements

- **Soil:** Plants will not grow without soil.
- **Water:** Seeds will not sprout and plants will dry.
- **Sunlight:** Plants cannot make food and will not grow.

Animals

- **Cattle:** Fields cannot be ploughed easily and less manure is available.
- **Earthworm:** Soil will not be fertile and plants will not grow well.

People

- **Farmer:** Crops will not be grown.
- **Shopkeeper:** Food will not reach people.
- **Cook:** Food will not be prepared to eat.

2. Design your own favourite plate of balanced diet with the food items you like. (Remember we should not waste food.)

Breakfast plate	Lunch plate	Dinner plate

Ans.

- **Breakfast plate:** Milk, fruits, poha
- **Lunch plate:** Roti, dal, rice, sabzi, salad
- **Dinner plate:** Roti, sabzi, dal, curd

3. Which activities did you enjoy during your 'mindful eating'?

Ans. I enjoyed eating slowly, chewing food properly, and noticing the taste, smell, and texture of the food.

4. How can you keep your body strong? Write down the names of the exercises and games you would practice.

- **Exercises:** _____
- **Games:** _____

Ans.

- **Exercises:** Running, skipping, yoga, stretching
- **Games:** Football, badminton, cycling, kho-kho

5. Which habits would you practice daily? Indicate your plans.

Activity	Your plan
Wake up early	
Yoga and exercises	
Eat a balanced diet on time	
Exercise and play	
Less use of TV and mobile	
Read a book	
Sleep peacefully	

Ans.

Activity	Your plan
• Wake up early	- I will wake up at 6:30 am
• Yoga and exercises	- I will do yoga and exercise daily
• Eat a balanced diet on time	- I will eat healthy food on time
• Exercise and play	- I will play outdoor games daily
• Less use of TV and mobile	- I will limit screen time
• Read a book	- I will read daily
• Sleep peacefully	- I will sleep by 10:00 pm