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FOOD AND HEALTH

Food is very important to us. Without food we cannot live. Let's learn more about it.

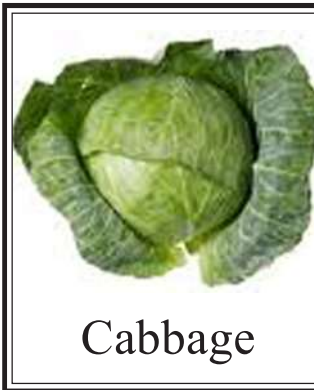
Our body needs food daily. We eat to live. Some people eat rice. But some other people eat bread. Different people eat different kinds of food.

In India, we have different kinds of food grains. Rice, wheat, barley are some of them. There are many seasonal fruits.

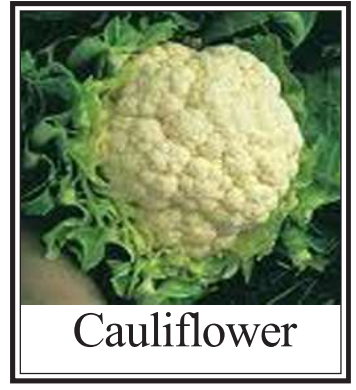
There are different kinds of vegetables in Manipur. There are plenty of fruits too. Many families grow vegetables in the kitchen gardens.

Some of these vegetables are **cabbage, potato, cauliflower, brinjal, tomato, etc.**

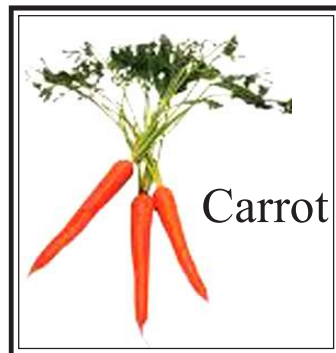
The people of Manipur love fish. We had many varieties of fishes in the past. Some of them are not found now. But still there are different kinds of fishes. Fish is a good food for health.



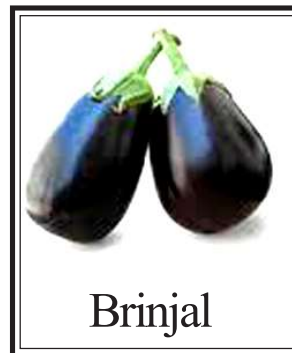
Cabbage



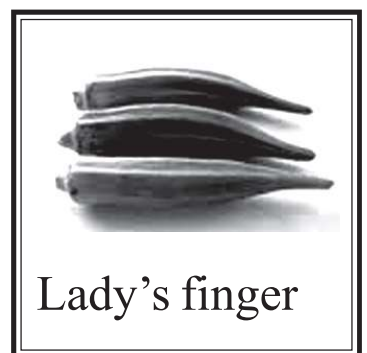
Cauliflower



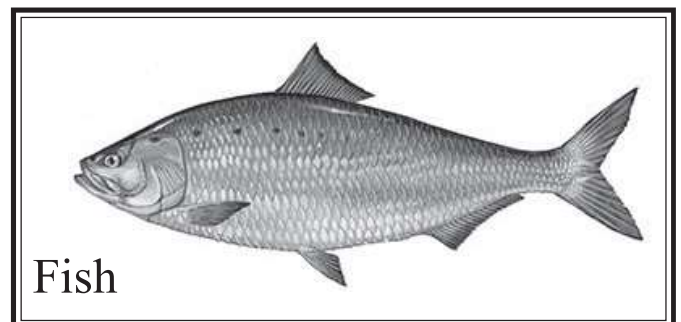
Carrot



Brinjal



Lady's finger



Fish

We eat food after cooking. Steaming, boiling and baking are some forms of cooking.

Fruits are good for health. **Orange, lemon, jamun, mango, pineapple, guava** and many other fruits are found in Manipur. These fruits are seasonal. These are good for health. We generally eat fruit at the end of a meal.

Fruit is used in two forms, dried and fresh. We eat cooked fruit also. But generally we use fresh fruit. Young children and women like to eat **green mango and lemon**.

Good health is necessary for good living. Good food is necessary for good health. But we must eat only enough quantity. Overeating is harmful to health. So, we have to eat to live. If we cannot digest food, we become ill.

When we eat, we also must have a **balanced diet**. It is to have different types of food at the right quantity. So, the right quantity of each variety should be used for our food. We can have good health with good food.

To the Teacher:

Explain the different types of fruits and vegetables; the different ways of cooking.

EXERCISES

New words:

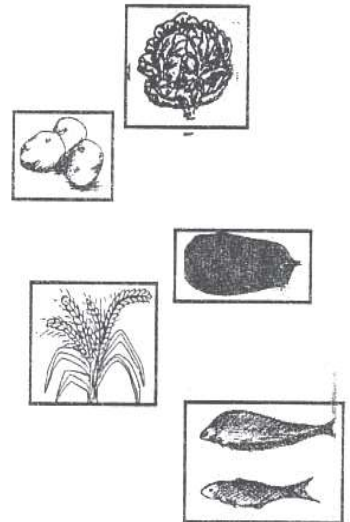
seasonal	plenty	steaming	generally	necessary
enough	overeating	digest	quantity	

I. Let's have fun in reading

1. What are the different kinds of food grains?
2. Name some vegetables of Manipur.
3. What are the different types of cooking?
4. What do we need for good health?
5. Is it good to eat more?
6. What is a balanced diet?

II. Let's write :

1.is a green vegetable.
2. We eateveryday.
3. There are many types of
4. We get flour from
5. Manipur had many kinds of



III. How do you like to eat these vegetables, raw or cooked ?

Vegetables	Raw	Cooked
potato		
carrot		
pumpkins		
onion		

IV. Circle the odd one out :

1. potato, tomato, brinjal, rose
2. rice , wheat, papaya, barley
3. lily, cauliflower, lotus, sunflower
4. lizard, crow, parrot, peacock

V. Activity:

Complete the following dialogue using *may, must , can, cannot*:



Joy : I come in, sir ?

Teacher : Yes, you
come in.

Joy : Thank you, sir.

Teacher : You recite the poem 'Ba
Ba Black Sheep.'

Joy : I am sorry, sir. I
recite the poem.

Teacher : Who recite the poem ?

Rina : Sir, I recite it.

Teacher : Good. All of you learn this poem by heart.

WORK SHEET - 20

Copy the following words in the blank four-lined spaces:

Love

the

environment