

**PARAGON CONVENT SCHOOL**

**SECTOR : 24 B, CHANDIGARH**

**LESSON – 4**

**HEALTHY FOOD, HEALTHY BODY**

**Summary:**

- Food gives us energy to work and play. It helps our body to grow.
- We get food from plants and animals.
- There are three main types of food groups – energy giving, body building and protective.
- We should follow good food habits to stay healthy.

**Difficult words:**

- |            |               |
|------------|---------------|
| 1. Energy  | 2. Protects   |
| 3. Cashews | 4. Walnuts    |
| 5. Almonds | 6. Turmeric   |
| 7. Mustard | 8. Building   |
| 9. Pulses  | 10. Uncovered |

**EXERCISE ( Page No. – 27)**

**Fill in the blanks**

- |                     |                       |
|---------------------|-----------------------|
| 1. energy           | 2. plants and animals |
| 3. before and after | 4. Protective         |
| 5. junk             |                       |

**Tick (√) the correct option**

- |        |        |        |        |
|--------|--------|--------|--------|
| 1. (a) | 2. (b) | 3. (c) | 4. (c) |
|--------|--------|--------|--------|

**Answer the following questions**

**Q1.-** Why do we eat food?

**Ans.-** We eat food as –

- i) It gives energy to work and play.
- ii) It help us to grow.
- iii) It protects us from diseases and also makes us healthy and strong.

**Q2.-** Name two main sources of food.

**Ans.-** The two main sources of food are – plants and animals.

**Q3.-** Write the name of three main food groups.

**Ans.-** The three main food groups are :

- i) Energy giving food.
- ii) Body building food.
- iii) Protective food.

**Q4.-** Name two dry fruits you like to eat.

**Ans.-** I like to eat \_\_\_\_\_ and \_\_\_\_\_.