

Our Food

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Visit the local market with your parents. Look at the variety of green vegetables, fruit, fish, meat that is available there. Isn't it fascinating?

WE NEED FOOD

Our body works all the time. Some parts of the body like our lungs and heart keep working even when we are asleep. Our body needs energy to do all this.

Food gives us energy to work. It acts like a **fuel** for our body. It also provides us with materials required for the growth, repair and general health of our body.

NUTRIENTS

Food contains different substances which are useful to our body. These substances are called **nutrients**. These nutrients are essential for our growth and well being.

Proteins, fats, carbohydrates, vitamins and minerals are the five nutrients that our food contains. Our food also contains water and roughage.

Proteins

Proteins are essential for our body growth. They help our body to build muscles. That is why food which contain proteins are called **body-building food**.

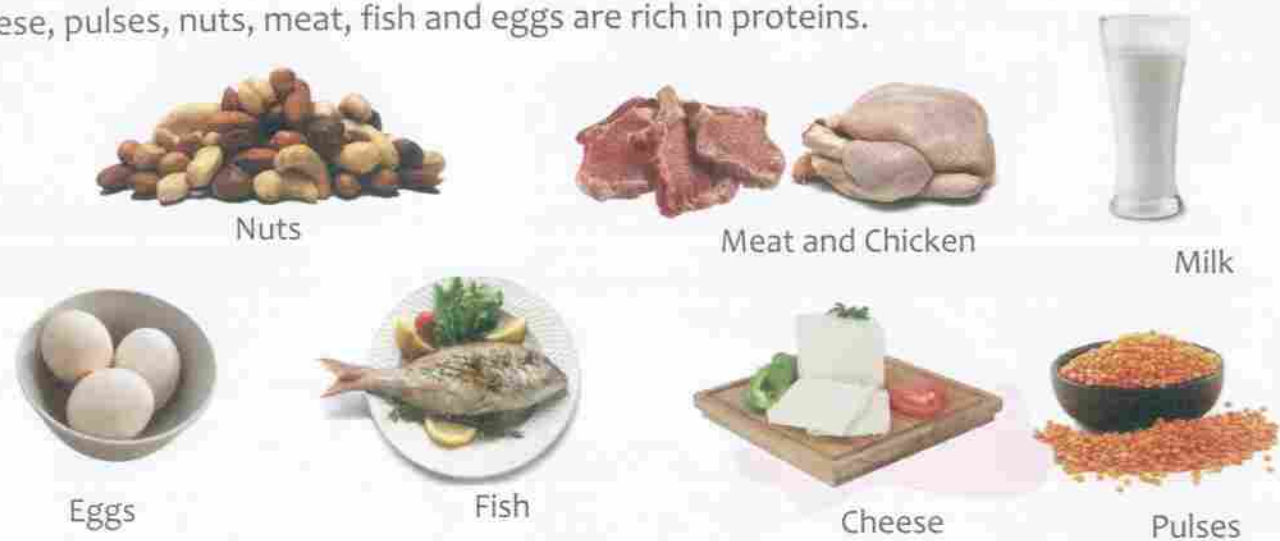
We Will Learn About

- We need food
- Nutrients
- A balanced diet
- Awareness concerning food



Fuel : A substance which make cars move e.g. petrol, diesel etc.
Nutrients : Substances in food needed to grow and remain healthy

Children need more proteins in comparison to adults as they are in the growing stage. Milk, cheese, pulses, nuts, meat, fish and eggs are rich in proteins.



Sources of proteins

Carbohydrates

Carbohydrates give us energy. People who do more physical work require more carbohydrates. e.g. - sports persons, farmers, labourers.

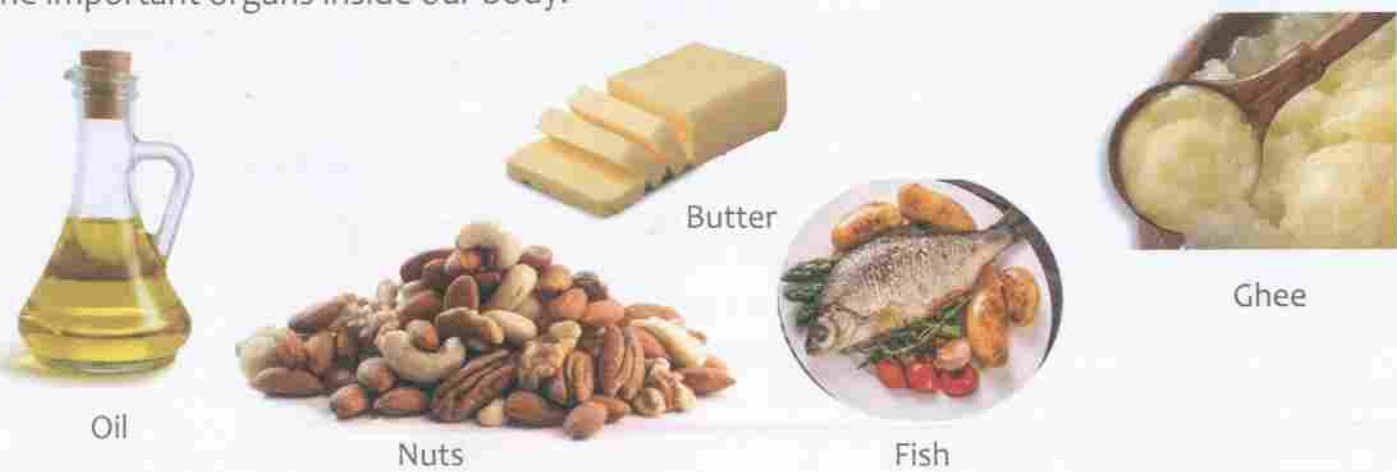
Rice, sugar, bread and potatoes are some of the food items which are rich in carbohydrates.



Sources of carbohydrates

Fats

Fats too give us energy. They also help to keep our body warm. Oil, butter, ghee and nuts contain fats. Excess amount of fat is stored in the body to be used later. Fats also help to protect the important organs inside our body.



Sources of fats

Food items rich in carbohydrates and fats are called **energy-giving foods**.

Vitamins and Minerals

Vitamins and minerals are needed in less quantity by our body. They keep our body healthy. So they are called **protective foods**. We must have them every day.

Vitamins : Vitamins help our body to fight diseases. Some of the vitamins are vitamin A, vitamin B, vitamin C, vitamin D, vitamin E and vitamin K.

Minerals : There are many different minerals such as calcium and iron which are needed by our body. We need calcium for strong bones and teeth. Iron helps in the formation of blood.

Meat, fish, milk, vegetables and fresh fruits are rich in vitamins and minerals.



We need vitamins and minerals for good health



Sources of vitamins and minerals

Oral Test



Complete the sentences.

1. _____ are rich in proteins.
2. _____ and _____ are the nutrients needed by our body to produce energy.
3. _____ and _____ are rich in carbohydrates.
4. _____ and _____ are rich in vitamins and minerals.
5. We need vitamins and minerals in _____ quantity.

Project Time

Make a colourful chart on any one of the five nutrients. Either draw or paste pictures of food items rich in that nutrient. Give a presentation about the chart in the class.

Roughage

Roughage is the fibre part of any food. It cannot be digested. It does not contain nutrients. It helps in the digestion of the food. Fruits and vegetables have a lot of roughage. It is also found in the **bran** of whole grains.

Water

Water has no nutrients, but it is essential for our body. About 70% of our body weight is water. Water helps the body to digest food properly. It helps to remove waste from the body. It also maintains the temperature of the body. Food contains some amount of water. But it is not sufficient. The body needs more water. We must drink at least eight to ten glasses of water everyday.



We should drink plenty of water

A BALANCED DIET

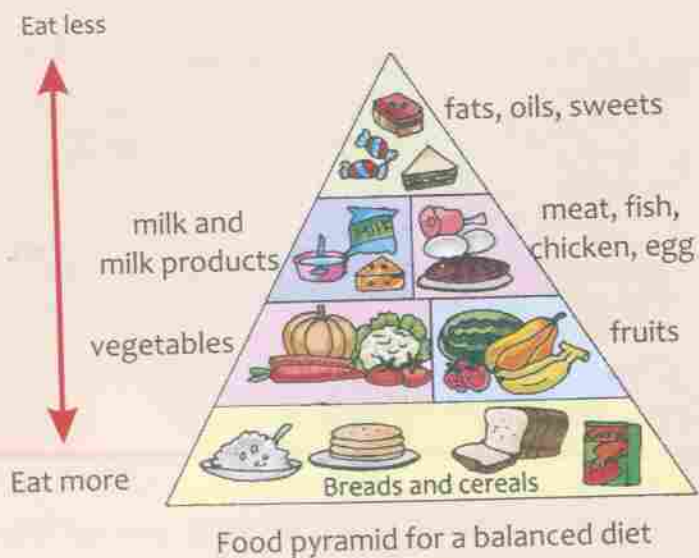
The food you eat everyday is our **diet**. The diet that provides all the nutrients in the right amount is a **balanced diet**. A balanced diet keeps us fit and healthy.



Malnutrition is the lack of balanced diet. Too few nutrients, too many nutrients or an imbalance of nutrients can lead to malnutrition.



Scientists use a food pyramid which shows how much of different types of food we should eat in a day for a balanced diet.



Bran: The outer covering of grain that is separated when making flour

Activity

Write six food items that you should eat everyday.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Write three food items that you should not eat very often.

1. _____
2. _____
3. _____

ALERTNESS CONCERNING FOOD

Cleaning the Raw Food

Fruits and vegetables grow in fields. Very often, they are covered with dust and mud. These carry germs which cause diseases. Fruits and vegetables are also sprayed with chemicals to protect them from diseases. But these chemicals are harmful for us. Therefore, food should be washed thoroughly before eating.

If fruits and vegetables are washed after they are cut, some of the nutrients are also washed away with water. So, they should always be washed before cutting.



Wash fruits and vegetables before cutting

Precautions while Cooking

Most fruits and some vegetables like carrot, cucumber and radish are eaten raw. But other foods have to be cooked before eating. Cooking makes the food soft, tasty and easy to digest. It also kills the germs. Boiling, steaming, frying, roasting, baking, etc, are the different methods of cooking.



Different methods of cooking food

We should not cook food for a long time. Overcooking destroys nutrients. Food should be cooked in just enough water. Extra water in cooked food also contains nutrients. If the extra water is thrown away, the nutrients in it are also lost.

Preserving Food

Sometimes, when food is not stored properly it may get spoiled. To prevent food from spoiling, it needs to be **preserved**. Different kinds of foods are preserved in different ways.

Methods of food preservation

1. **Heating** : Heating food to high temperature kills microbes.
2. **Dehydration** : Food items are dried in the Sun.
3. **Canning** : Sterilized food is packed in airtight sterilized cans.
4. **Refrigeration** : Food kept at a low temperature prevents food spoilage.



Drying



Refrigeration



Using preservatives



Canning and bottling

Methods for preserving food

Preserve: Keep something in a good condition for a long time
Canning: To keep food and drink in a closed container without water



Discuss the importance of nutrients, roughage and water in the class. Encourage the students to eat balanced diet and avoid unhealthy food. Also tell them to follow good eating habits.

LET'S REVISE

- + Food gives us energy. It also provides us with materials required for the growth, repair and general health of our body.
- + Proteins, fats, carbohydrates, vitamins and minerals are the five nutrients that our food contains.
- + Besides nutrients, we also need water and roughage to make our body function properly.
- + A balanced diet contains all the nutrients in the right amount.
- + We should wash fruits and vegetables thoroughly, before eating.
- + Boiling, steaming, frying, roasting and baking are the different methods of cooking.
- + Food can be preserved in different ways like drying, refrigeration, canning and bottling, etc.

EXERCISES

A. Tick (✓) the correct answer.

1. Nutrients that give us energy are
 a. Proteins b. Vitamins c. Carbohydrates
2. Potatoes are rich in
 a. Fats b. Minerals c. Carbohydrates
3. Food items rich in proteins are called
 a. Energy-giving foods b. Body-building foods c. Protective foods
4. This helps in the digestion of food.
 a. Carbohydrates b. Roughage c. Vitamins
5. Food is not preserved by
 a. Refrigeration b. Drying c. Cooking

Fill in the blanks.

1. Some parts of our body keep working even when we are asleep, like our _____ and _____.
2. The food which contains _____ are called body-building food.
3. Fats too give us _____.
4. The diet that provides all the nutrients in the right amount is a _____ diet.

Write T for true statements and F for false statements.

1. Our body does not work all the time.
2. Food contains useful substances called nutrients
3. Proteins are called body-building food.
4. Vitamins and minerals are non-protective foods.
5. The fibrous part of the food is called roughage.

D. Give a one word/a few words answer.

1. These are the useful substances in the food. _____
2. Children need this more in comparison to the adults. _____
3. This mineral is good for strong bones and teeth. _____
4. The diet that provides all the nutrients in right amount. _____

E. Write short answers.

1. What do you mean by nutrients?
2. What is the function of vitamins in our body?
3. How is roughage useful for our body?
4. Why should we not overcook our food?
5. List some methods of preserving food.

F. Answer these questions.

1. Why do we need food?
2. How are carbohydrates and fats useful for our body?
3. Why are proteins especially important for children?
4. Why is water essential for our body?
5. Why should we clean raw food?

HOTS

- G. Somesh eats rice, chapattis, bread, fruits and vegetables on a regular basis. On the other hand, Ritesh eats nuts, fried chicken and toast with butter. Who has a greater chance of gaining weight and why?
- H. Who would need more Carbohydrates and why?
 1. A farmer
 2. A receptionist
- I. Mango, jam can be kept for a longer period than mangoes. Why?

FUN TIME

- J. Pulses are body-building food. Find out which of these food items contain pulses. Tick (✓) the box if the food contain pulses.



Masala Dosa



Biscuits



Upma



Vadas



Coconut Burfis



Idlis





Pizza



Chowmein



Ladoos



Breads



Jalebis



Samosas



LIFE SKILL

Ajay works in a big office. He either orders a large pizza or a burger and cola for his lunch daily. Lately, he has developed some health problems. Discuss what kind of health problems is Ajay likely to develop and suggest what he should do to cure these problems.



Visit the Web

There are interesting facts about our Indian food. You must know them.

<https://www.scoopwhoop.com/inothernews/food-fact-2/>