

4. The Food We Eat

What happens when we are hungry?
We feel tired and weak. Food gives us **energy** to work and play. It makes us strong and **healthy**. It also helps us grow.



Our food comes from plants and animals.



Do you remember the things you had for dinner last night? Write their names in the table below. Do you know where they come from? Tick boxes under **Comes from plants** or **Comes from animals** to show what you think.

What I ate	Comes from plants	Comes from animals

You can also make tables for the food you had for breakfast and lunch.



Making Connections



We eat special kinds of food on festivals. We celebrate some festivals when the crops are ripe and ready to be cut. These festivals are called harvest festivals. Bihu, Baisakhi, Pongal and Onam are some harvest festivals.



Activity



Take a chart paper and write the names of five things that you often eat at home. Then write the names of special things that you have only on festivals. You can also stick pictures of the food.

Discuss



Many people take a lot of food on their plates and then do not eat it. This wastes food. A lot of food is wasted at parties too. Farmers work very hard to grow our food. So, we should not waste food. Can you think of ways to stop wasting food?





Making Connections



Activity



Our house gives us shelter (keeps us safe). Shelters can be of different types. Some shelters are made of mud and are not very strong. Some may be big and strong and made of stone. And some can be moved from place to place.

Look at the pictures given below. Can you name them? Choose from: **palace**, **tent**, **hut**.



1. _____



2. _____



3. _____

Discuss



You should always keep your house neat and clean. You can help your parents by putting away your books and toys after use, throwing waste into the dustbin, and so on. You can also make your house look pretty by putting up pictures and other things. Can you think of other ways to make your house look nice and clean?



Medicines

We make **medicines** from the leaves of neem, tulsi and mint.



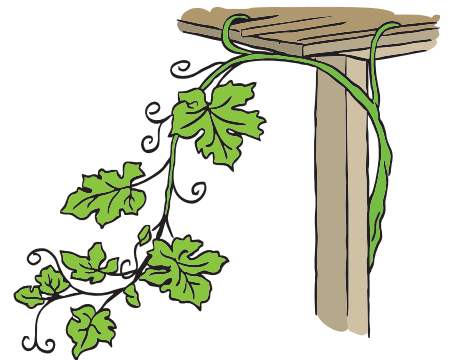
New Words

support

to help hold up something or someone

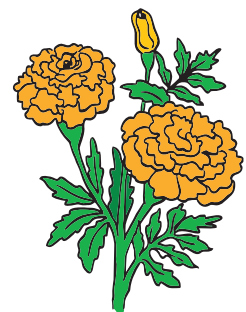
medicine

something you take to get well when you are sick



Main Points

- The main parts of a plant are its root, stem, branches, leaves, flowers and fruit. Fruit have seeds in them.
- A tree is a tall, strong plant with a thick, hard stem called trunk.
- A bushy plant has a hard, woody stem and branches that grow close to the ground.
- Many small plants like marigold and mint have soft stems.
- Climbers have weak stems and grow up a wall or another plant.
- Plants like lotus and water lily grow in water.
- We get food and medicines from plants. Vegetables can be the roots, stems, leaves, flowers or fruits of plants.



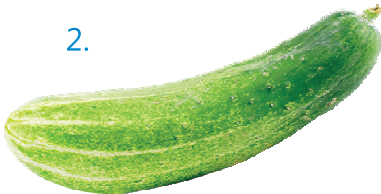


Match the fruit to the correct basket. One has been done for you.

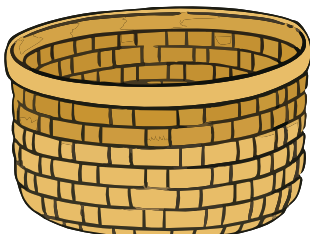
1.



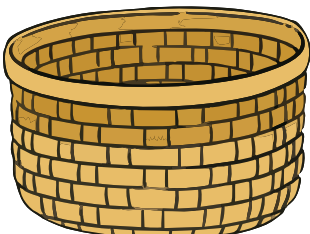
2.



3.



One seed



Many seeds

4.



5.



6.



11. Animals



Look at the picture below. How many types of animals can you see in the picture? Can you name all eleven of them? Can you name some other animals that you see around you? Talk to your classmates.



Allow the children to discuss and come up with the names on their own. Introduce the idea that birds, fish, frogs, snakes, insects and humans are animals as well.

Animals live all around us. Animals can be **wild** or **tame**. Wild animals live on their own, without our help. They live in forests, fields, ponds, rivers, seas, and so on. They do not like it when people come near them or try





Lion



Cheetah



Giraffe



Spotted deer



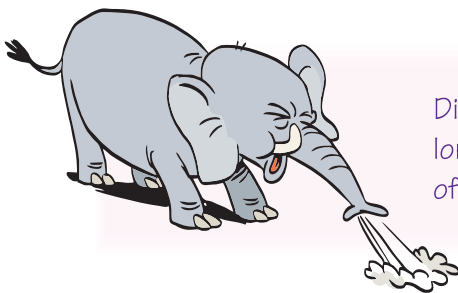
Polar bear



Wolf



Langur monkey



Did you know that elephants have a **trunk**? Their long nose is called a trunk. They also have a pair of long curved teeth called **tusks**.

Animals that live in water

Fish, dolphins and whales are some animals that live in water.



Making Connections



Who am I? Match as shown.

1. I have a thick mane around my head.

A. Peacock

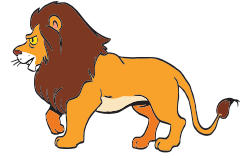
a.



2. I have black and white stripes all over my body.

B. Tiger

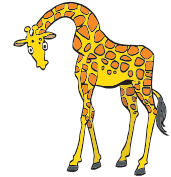
b.



3. I have tiny bumps all over my body.

C. Lion

c.



4. I have blue and green feathers with marks that look like eyes.

D. Giraffe

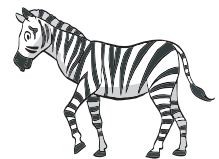
d.



5. I have a very long neck.

E. Toad

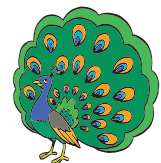
e.



6. I have black stripes on orange fur.

F. Zebra

f.



Different animals make different sounds. Cows and buffaloes **moo**. Hens **cluck**, roosters **crow**. Ducks **quack**, geese **honk**. Dogs **bark**, **howl** and **growl**. Cats **mew**, **purr** and **hiss**. Lions, tigers and leopards **roar**, **growl** and **snarl**. Elephants **trumpet**. Wolves **howl**. Flies, mosquitoes, bees and wasps **buzz** when they fly. Do you know what sounds other animals make? Talk to your classmates.



Cats hiss when they are angry or afraid.

New Words

summer

the time of the year when we have hot weather every day

winter

the time of the year when we have cold weather every day



Main Points

- The sun gives us light and warmth.
- The sun rises in the morning. It is overhead at midday, or noon. It sets in the evening. It becomes dark after the sun sets. The evening turns into night.
- The moon is the brightest thing in the night sky. It shines in the light from the sun. The moon is much smaller than the sun or the earth.
- The stars are huge balls of fire. They seem small because they are far away from us.
- Weather means how hot, cold, cloudy, windy, rainy or sticky a day is.



Exercises

A. Fill in the blanks. Choose from: star, earth, noon, moon, sun, rainy.

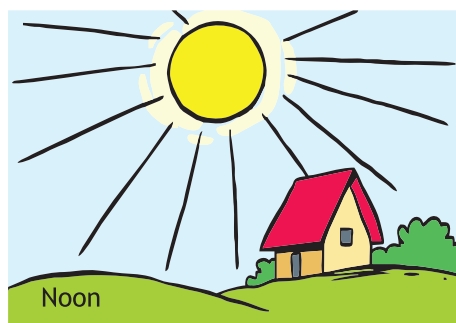
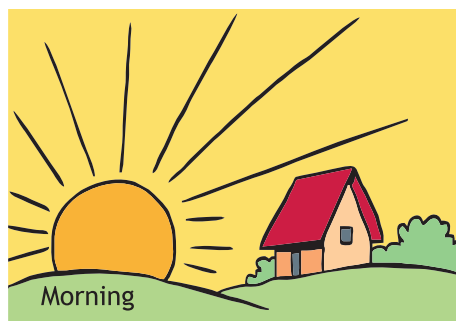
1. The _____ is a huge ball of fire.
2. The sun is overhead at _____.
3. The _____ shines in the light of the sun.
4. The _____ is bigger than the moon but smaller than the sun.
5. The sun is the _____ nearest to us.
6. Dark clouds gather in the sky on _____ days.



B. Match.

- | | |
|-----------|-------------------------------------|
| 1. Stars | a. Gives us light and warmth |
| 2. Moon | b. Hot and sunny days |
| 3. Sun | c. Becomes dark after the sun sets |
| 4. Summer | d. Brightest thing in the night sky |
| 5. Winter | e. Balls of fire like the sun |
| 6. Sky | f. Cold days |

C. Write 1, 2, 3 or 4 to put the pictures in order.



D. Answer these.

1. Why do we need the sun?
2. What changes do you see in the sky during night?
3. How does the moon shine?
4. What are stars?
5. Write about the weather during summer.





Making Connections



Fill in the things you do at different times of the day in the table given below. You might do some of these more than once a day. Choose from: wake up, go to sleep, take a nap, have breakfast, brush my teeth, do homework, go to school, play, have lunch, have dinner, come back from school, have a snack.

 Morning	 Afternoon	Evening	Night 





15. Be Healthy

Activity



You already know some rules of being healthy. Tick the ones that you follow every day.

Eat at fixed times.

☐

Drink clean water.

☐

Do not eat food left uncovered.

☐

Do not eat unhealthy food.

☐

Wash fruit and vegetables before eating.

☐

Wash hands with soap before and after eating.

☐

Why do you need to be healthy? If you are not healthy you will not grow and you will not be strong. People who are healthy do not fall ill often.

Here are some more rules for being healthy.

- Use soap and water to clean your hands if you sneeze or cough into them. You may also use **sanitiser**.
- Wash your hands with soap when you come home from outside and after you visit the toilet.
- Take a bath every day.
- Shampoo your hair to keep it clean.
- Wear clean clothes.
- Comb your hair to keep it clean and healthy.



A sanitiser is a watery or jellylike thing which we rub onto our hands to clean them. Use a sanitiser only when you cannot wash your hands with soap and water.

