



Food:

Living organisms get their energy from food. They have different modes to get food.

- Some prepare their own food such as plants. They are called “**producers**”.
- Organisms that cannot make their own food and depend on others are called “**consumers**”.

Students’ Learning Outcomes

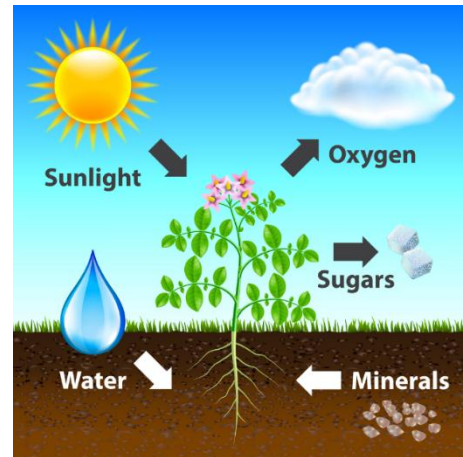
Recognize that plants make their own food in the presence of sunlight.

Plants:

Plants make their own food in the presence of sunlight through a process called “**photosynthesis**”.

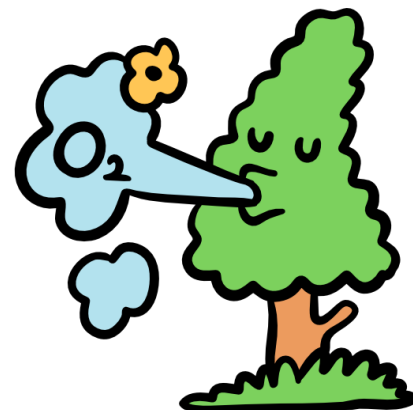
To carry out photosynthesis, plants need:

- Sunlight
- Water
- Carbon dioxide
- Chlorophyll



Steps:

- The leaves of plants contain a green pigment called **chlorophyll** which absorbs this sunlight.
- Roots take in water from the soil.
- Leaves take in carbon dioxide from the air.
- Plants use these to make sugars (food) for themselves.
- Oxygen is also produced, which animals breathe.





Animals:

Unlike plants, animals cannot make their own food. They depend on other animals and plants for their food.

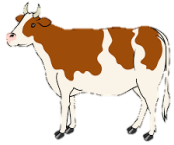








Students' Learning Outcomes

Recognize that different animals eat different kinds of food.

Different animals eat different kinds of food.

Eating habits of animals

Animals are classified on the basis of their eating habits.

Herbivores		Carnivores		Omnivores	
Animals that eat plants.		Animals that eat meat of other animals.		Animals that eat both plants and animals.	
They have strong incisors (teeth) which help them chew food.		They have large, sharp and pointed canine (teeth) which help them to stab, and eat their prey.		Their teeth are sharp, strong, wide and narrow which help them to eat variety of food.	
Cow		Lion		Human	
Rabbit		Snake		Bear	
Deer		Shark		Crow	



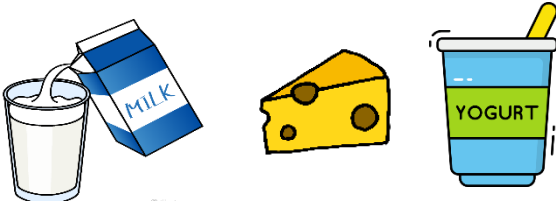




Our food

Anything that we eat is our food. Humans can eat a variety of food. Their food is divided into five primary groups.

Students' Learning Outcomes

Identify certain food groups as fruits, vegetables, grains dairy food, meat and dry fruit.

Fruits and vegetables	Grains
<p>Fruits and vegetables help our body to fight against diseases.</p> <p>They are also source of minerals and vitamins.</p>	<p>Grain is an important part of our daily diet.</p> <p>Grains provide us with energy.</p>
	
Dairy products	Meat
<p>Dairy products are very important for proper growth of our body. They strengthen our bones and teeth.</p>	<p>Meat provides us with proteins.</p> <p>We need proteins for the proper growth of our body and building muscles.</p>
	
Dry fruits	
<p>Dry fruits are good for brain and heart.</p> <p>They provide us fats and nutrients.</p>	



Balanced diet:

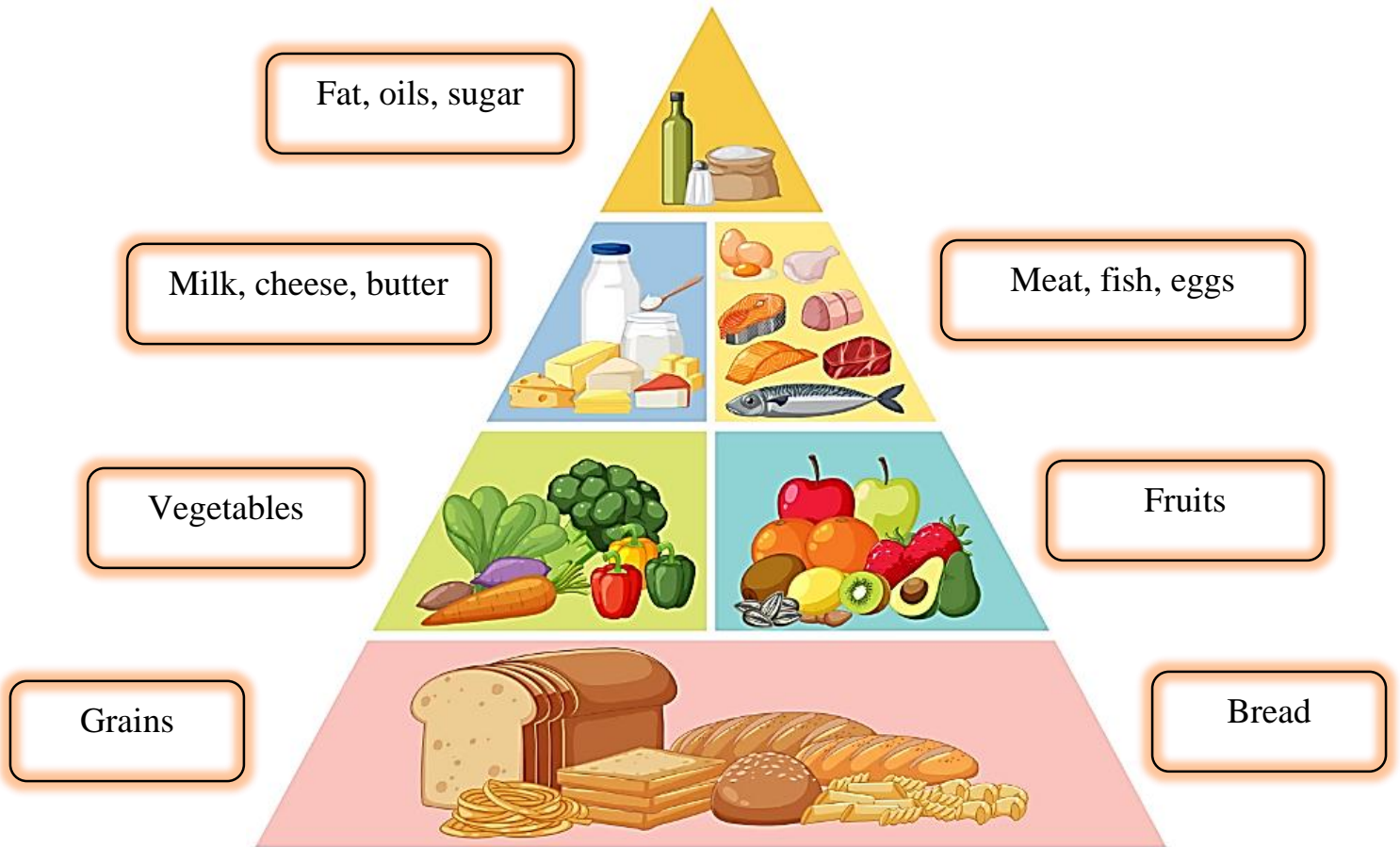
Food that contains all the necessary ingredients is called balanced diet.

Students' Learning Outcomes

Define a balanced diet.

It contains:

- Fruits
- Vegetables
- Meat
- Egg
- Milk
- Fats



Food pyramid



Being fit and healthy:

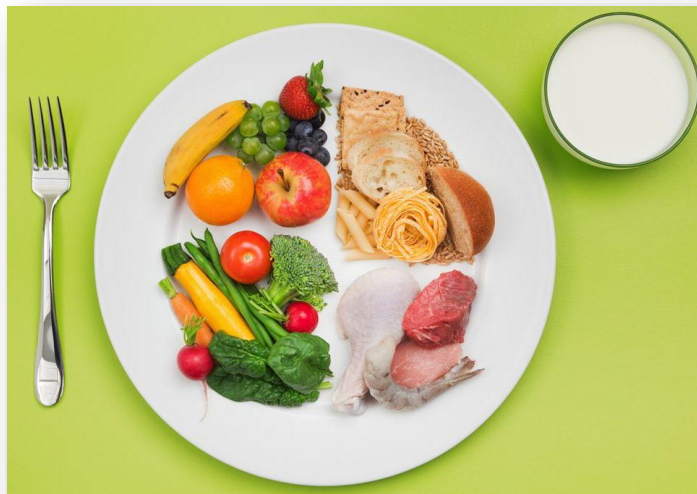
Health is very important to live a normal life. If we do not take good care of ourselves, we will become ill. Healthy living style involves:

Students' Learning Outcomes

Recognize that healthy living requires eating a balanced diet, keeping clean, sleeping well and exercising regularly.

Eating a balanced diet:

- ❖ The meal that we eat in breakfast, lunch and dinner should contain all the necessary nutrients.
- ❖ Such type of food will provide us with required energy and keep us healthy.
- ❖ We should also drink clean water.



Keeping clean:

Keeping ourselves clean is the key factor to keep ourselves healthy. We should:

- Take shower every day.
- Brush our teeth twice a day.
- Wash our hands before and after eating.
- Wash our hands after using toilet.
- Keep our surroundings clean.
- Wear a neat and clean dress.
- Trim our nails regularly.





Sleeping well:

- Proper sleep makes our body strong and helps us to fight against infections.
- During deep sleep our body parts are at rest and our body becomes relaxed too.
- When we get up after deep sleep, we feel fresh and can work more efficiently.



Do you know!

The proper amount of sleep is from 6-8 hours.

Exercising regularly:

To keep oneself healthy, “**food is one thing and exercise is other**”.

Walking is the best exercise to do. Some other exercises include:

- Cycling
- Swimming
- Jogging
- Stretching



Students’ Learning Outcomes

Identify the ways to get sufficient exercise to stay healthy.