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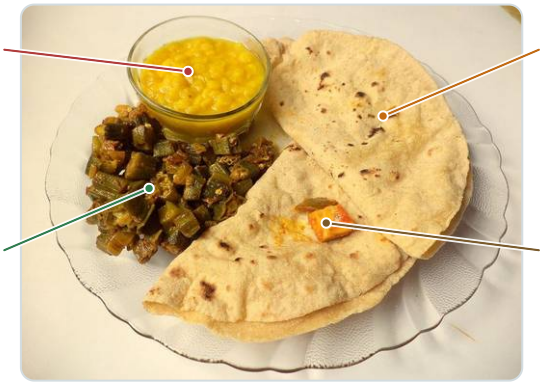
Food that keeps us healthy

Roti, dal, rice, sabzi, fruit, milk and water: each one does a different job inside your body. Some give you energy to run and play, some help you grow, and some help keep you well.



A home thali. Add a bowl of curd, some salad or a fruit, and a glass of water, and every kind of food is on the plate.

For the parent *read in 1 minute*

The goodness in food is called **nutrients**. At this age, children learn to sort foods by their **main job** in the body:

Energy-giving (carbohydrates and fats), **body-building** (proteins) and **protective** (vitamins and minerals). **Water** and **roughage** (fibre) are needed too.

Most foods have **more than one** nutrient (milk gives protein *and* calcium), so we sort each food by what it gives **most**. A meal with all kinds in the right amounts is a **balanced diet**.

Talk about it *before turning the page · 5 minutes*

1. **Why do we need to eat?**
   Listen for: to get energy to play and work, to grow, and to stay well. Any one of these is a great start.
2. **What did you eat for breakfast today? Which part of it helps you grow?**
   Listen for: milk, egg, dal, paneer, curd or sprouts (any food rich in protein).
3. **Why can't we eat only chips and sweets?**
   Listen for: they do not have enough of what the body needs; too much sugar, salt or oil is not good for us or our teeth.

How to use these pages

- Read one or two panels a day (pages 2 to 4). Cover the labels under the photos and let your child guess the kind of food first.
- At mealtimes, play "Which job?": point to each food on the plate and say if it gives energy, builds the body, or protects.
- Try the sorting game and home activities on page 5. Pages 6 and 7 are quiz and Olympiad-style practice; answers are on page 8.

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Why do we eat?

Food does three big jobs for our body. Different foods are better at different jobs.

Energy
to walk, run, play, think and even to sleep and breathe

Grow and repair
to grow taller and stronger, and to heal a cut or a scraped knee

Stay healthy
to keep eyes, bones, teeth and blood healthy, and help the body fight illness

1 Energy-giving foods carbohydrates and fats

Food gives us **energy**, like fuel for a scooter. **Rice, roti** (made from **wheat**), bread, **potato**, **maize** (corn) and **millets** such as ragi, bajra and jowar are rich in **carbohydrates**. Sugar, jaggery (gur) and honey give quick energy too, but we need only a little.

Fats such as ghee, butter, oil and nuts give **a lot of energy** in a small amount, so we eat **only a little** of them.


Rice


Wheat
for roti and bread


Potato


Maize (corn)


Butter
a fat


Peanuts
nuts have fat

> **Remember: rice, roti and potato give energy; ghee, butter and oil give a lot of energy, so only a little.**

For curious minds: nuts and peanuts are rich in fat *and* protein, so they give energy and also help build the body.

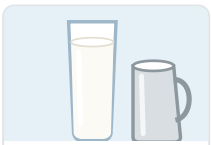
2 Body-building foods proteins

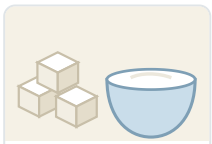
Proteins help us **grow** and build strong **muscles**. They also help the body **repair** itself, for example when a cut or a scraped knee heals.

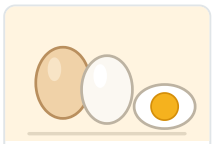
Dal and other pulses (rajma, chana, moong), **soybean**, **milk**, **paneer**, **curd**, **eggs**, **fish**, meat and nuts are rich in proteins.


Rajma
a pulse


Chana
a pulse


Milk


Paneer and curd


Eggs


Fish
rohu

> **Remember: proteins help us grow and repair the body.**

For curious minds: a growing child needs some protein every day. A bowl of dal with rice or roti is a simple, protein-rich Indian meal.

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3 Protective foods vitamins and minerals

Fruits and **vegetables** have **vitamins** and **minerals**. We need only small amounts, but they **help keep us healthy** and **help our body fight germs** that cause illness. Eat fruits and vegetables of many colours every day.



Spinach
green leafy



Orange
a citrus fruit



Amla
Indian gooseberry



Guava



Carrot



Ripe mango

Look for it in	Name (for curious minds)	Helps keep healthy
amla, orange, lemon, guava	Vitamin C	gums and skin; helps cuts heal and helps the body fight germs
carrot, ripe mango, papaya, green leaves	Vitamin A	eyes (seeing well, even in dim light)
milk, curd, paneer, ragi	Calcium (a mineral)	bones and teeth
spinach and other green leafy vegetables, dal	Iron (a mineral)	healthy blood

Remember: fruits and vegetables help keep us healthy and help our body fight germs.

For curious minds: if the body gets too little vitamin C for a long time, the gums can bleed; too little calcium can make bones and teeth weak; too little vitamin A can make it hard to see in dim light.

4 Water and roughage also needed every day

Water keeps the body **cool** (we sweat when we are hot), helps us **digest** food, and **carries** the goodness from food around the body. Drink enough water, more on hot days and after playing.

Roughage (fibre) is the part of food that the body cannot break down. It helps our intestines (gut) **push out waste**, so we do not get **constipation** (hard, painful poo). Whole grains (whole-wheat roti, brown rice, millets), dal, fruits, vegetables and salads have roughage.



Water



Tomato
salad



Cucumber
salad



Apple
eat the peel too



Peas



Whole-wheat roti

Remember: drink enough water; eat roughage to help the body clear waste.

For curious minds: roughage gives us almost no energy, but it is still very important.

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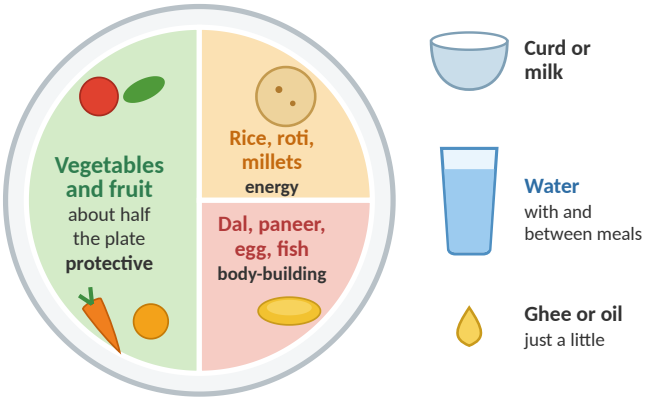
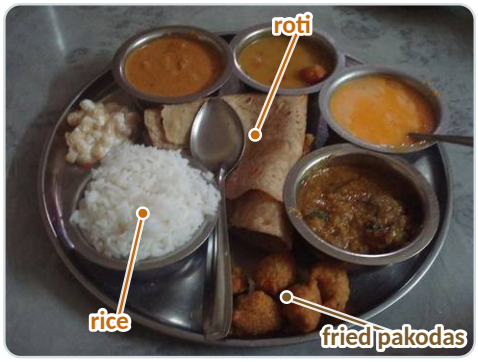
5 A balanced diet all kinds, in the right amounts

A **balanced diet** has **all the kinds of food** our body needs, in the **right amounts**: plenty of vegetables and fruit, enough grains and protein foods, a little fat, and water. No single food has everything, so we eat a mix.



A healthy plate



Rice, roti, bowls of dal and curries. Fried pakodas: just a few. Add some salad or fruit.

Remember: a balanced meal has every kind of food, in the right amounts.

6 Junk food: now and then, not every day

Chips, cold drinks, pizza, too many sweets and fried snacks taste good, but they have **lots of sugar, salt or oil** and **very little** of the goodness the body needs. If we fill up on them, there is no room left for healthy food. Sugary food and drinks that stay on the teeth can also cause **tooth decay** (cavities).



Chips



Cold drink



Pizza



Chocolate



Cake



Vada pav
fried snack

Remember: junk food is a treat for now and then, not for every day.

7 Good food habits

Clean hands and clean food keep away **germs** that can make food unsafe and make us ill.



Wash hands
with soap, before eating



Wash fruits
and vegetables



Keep food covered
from flies and dust



Eat at regular times



Eat slowly
and chew well



Do not waste food
take what you can eat

Remember: wash hands, wash fruits and vegetables, keep food covered, eat on time, chew well, do not waste food.

For curious minds: a germ that causes illness is called a **pathogen**.

Sorting game

Write each food in the right column. Say why as you go. (Answers on page 8.)

roti | dal | spinach | ghee | egg | orange | rice | fish | carrot | potato | chana | amla

Energy-giving	Body-building	Protective

Some foods fit two columns! Milk, curd and paneer are body-building *and* give calcium (protective). Nuts give energy *and* help build the body. That is why we left them out of this game.

Try it at home

1. My plate detective

At lunch or dinner, draw your plate. Colour each food: orange for energy-giving, red for body-building, green for protective. Is every colour on your plate? What could you add?

You need: paper and crayons.

2. Rainbow week

Each day for a week, eat one fruit or vegetable of a different colour: red tomato, orange carrot, yellow banana, green spinach, purple brinjal, white cauliflower. Tick a box for each colour on a chart.

You need: a chart, a pencil.

3. Water tracker

Draw eight small glasses on a paper. Colour one in each time you drink a glass of water. Did you drink more on a hot day or after playing?

You need: paper and a pencil.

4. Grow sprouts

Soak a handful of moong overnight. Drain, tie it in a damp, clean cloth and keep it in a warm place. In a day or two, tiny shoots appear. Sprouts are rich in protein: eat them in a salad or chaat.

You need: moong, water, a clean cloth. **Safety: Rinse well; an adult checks they smell fresh. Cook them lightly for young children.**

Key points to remember

1. **Energy-giving foods** (rice, roti, potato, millets; and fats such as ghee, butter and oil) give us energy. Eat only a little fat and sugar.
2. **Body-building foods** (dal, pulses, milk, paneer, eggs, fish, soybean) are rich in proteins; they help us grow and repair the body.
3. **Protective foods** (fruits and vegetables) have vitamins and minerals; they help keep us healthy and help the body fight germs.
4. We also need **water** and **roughage**. A **balanced diet** has all kinds of food in the right amounts.
5. Junk food is for now and then. **Wash hands**, wash fruits and vegetables, keep food covered and do not waste food.

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Practice 20 questions · quiz and Olympiad style · answers on page 8

A. Choose the correct answer

1. Which of these is an **energy-giving** food?
   (a) spinach (b) rice (c) orange (d) water

2. Body-building foods help us to:
   (a) grow and repair the body (b) keep the body cool (c) see in dim light (d) clear waste

3. Which of these is very rich in **vitamin C**?
   (a) amla (b) sugar (c) rice (d) butter

4. Milk gives us **calcium**. Calcium keeps our _____ strong.
   (a) hair (b) bones and teeth (c) eyes (d) blood

5. A **balanced diet** means:
   (a) eating only fruits (b) eating sweets every day (c) all kinds of food in the right amounts (d) skipping breakfast

B. Fill in the blanks use the words in the box

fats **proteins** **roughage** **carrots** **water**

6. Ghee, butter and oil are _____. They give a lot of energy.

7. Dal, eggs and paneer are rich in _____.

8. _____ helps our intestines push out waste.

9. Eating _____, papaya and ripe mango is good for our eyes.

10. _____ keeps our body cool and carries goodness around the body.

C. Look at the pictures

11. Write **E** for energy-giving, **B** for body-building or **P** for protective in the box under each food.


rice ☐


rajma ☐


orange ☐


fish ☐


spinach ☐


potato ☐

D. Odd one out circle the odd one and say why

12. rice · wheat · potato · guava

13. dal · egg · fish · ghee

14. chips · cold drink · amla · pizza

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E. Match the columns write the letter

15. Match each food to what it helps keep healthy.

1. Carrot ___	A. bones and teeth
2. Milk ___	B. healthy blood
3. Amla ___	C. eyes
4. Spinach ___	D. gums, and helps cuts heal

F. Answer in one or two words

16. Which drink from cows and buffaloes gives us calcium?

17. What should we do with soap and water before every meal?

G. Riddles: who am I?

18. I am long and orange, and I grow under the ground. I am good for your eyes. Eat me raw in a salad! Who am I?

19. I am made from milk. I am white and soft, and I am cut into cubes for palak _____. Who am I?

H. True or false write T or F

20. a. Fruits and vegetables help keep us healthy and help our body fight germs. _____
    b. We should eat chips and drink cold drinks every day. _____
    c. Fats give a lot of energy, so we should eat a lot of them. _____
    d. We should keep food covered so that flies and dust do not spoil it. _____
    e. Roughage gives us a lot of energy. _____

Think and talk *no writing needed*

- Your friend eats only rice and potato every day. Which kinds of food are missing? What could your friend add?
- Why do we feel thirsty after running and playing in the sun?
- Plan a healthy tiffin for school with one energy-giving, one body-building and one protective food.

Tips for quizzes and Olympiads

- Most questions ask for the **main** job of a food: rice and roti give energy, dal and eggs build the body, fruits and vegetables protect.
- Pairs that often come up: **vitamin C**: amla, orange, lemon; **calcium**: milk; **carrot**: eyes; **green leafy vegetables**: iron; **roughage**: helps clear waste.
- Read every option before choosing; in "odd one out", find the one food that has a different main job.

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Answers

1. **(b) rice.** Rice is rich in carbohydrates. Spinach and orange are protective; water gives no energy.
2. **(a) grow and repair the body.** Proteins build muscles and help cuts and scrapes heal.
3. **(a) amla.** Amla (Indian gooseberry) is one of the richest sources of vitamin C.
4. **(b) bones and teeth.** Curd, paneer and ragi give calcium too.
5. **(c) all kinds of food in the right amounts.** No single food has everything we need.
6. **fats.** Fats give a lot of energy, so we need only a little.
7. **proteins.** They are body-building foods.
8. **Roughage.** It is also called fibre.
9. **carrots.** They have vitamin A, which the eyes need.
10. **Water.** We sweat to cool down, so drink more on hot days.
11. **rice E, rajma B, orange P, fish B, spinach P, potato E.** Each food is sorted by its main job.
12. **guava.** It is a protective fruit; rice, wheat and potato are energy-giving.
13. **ghee.** It is a fat (energy-giving); dal, egg and fish are body-building.
14. **amla.** It is a healthy fruit; the others are junk food.
15. **1-C, 2-A, 3-D, 4-B.** Carrot: vitamin A; milk: calcium; amla: vitamin C; spinach: iron. (Spinach is good for the eyes too, but only "eyes" fits carrot, so spinach goes with blood.)
16. **Milk.** Curd and paneer are made from milk.
17. **Wash our hands.** Washing with soap removes germs.
18. **A carrot.**
19. **Paneer.** Palak paneer: spinach and paneer together.
20. **a T, b F, c F, d T, e F.** Junk food is for now and then; eat fats only a little; roughage gives almost no energy but helps clear waste.

Sorting game (page 5)

Energy-giving: roti, rice, potato, ghee. **Body-building:** dal, egg, fish, chana. **Protective:** spinach, orange, carrot, amla.

If your child puts dal or chana under protective too, that is not wrong: pulses also have some iron and roughage. Praise the reason, then ask for the **main** job.

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