



All the school children went on a picnic to Hyderabad during dussera holidays. They made friends with the children who came from different places. They started watching different animals in the zoo. All gathered at a place in the afternoon. They started eating the food brought from their homes. Shall we see what they are eating?

I am Prasad. I belong to Kurnool. I am eating rotis made with millets. Do you know why? Millets are grown largely in our village. That is why most of our village people eat only rotis in the morning and night.

Hello! My name is Satyam. I am from Gudivada. I am eating rice. Paddy is grown largely in our village. So, many people of our village eat rice only.

Hi! I am Penchamma. I come from Nellore. I am eating fish curry with rice. The sea is nearer to our village. So, fish and prawns are available more to us. I like to eat fish curry.

Hello! My name is venkatesh. I am from Mahabubnagar. I am drinking ambali (Porridge). We grow ragimart most in our village. All our family membes like ambali.

You have read what the different people are eating.  
What do the people of your village eat?





The people who live in hilly regions and forests in our state eat different roots, fruits etc, available in their region. Their food habits depend on the crops grown and the food items available in their region.

Cholam (Jowar-Jonna) grow more in Rajasthan. They eat the rotis made with jowar (jonna). Similarly, rotis and pooris are eaten more in the states like Delhi, Gujarat, Madhya Pradesh and Bihar whereas, Rice is eaten in the states like Tamilnadu, Karnataka and Andhra Pradesh. In Kerala, the people eat more fish along with rice.

Each region will have a different food habits. Different kinds of food items will be cooked and eaten on different occasions. Many varieties of dishes will be cooked during marriages, festivals, birthdays, local fairs etc.

Fill in the table with the food items that are eaten on various occasions.

Festivals/marriages/special occasions	Types of food items prepared

Ask your friends and write down what food items they prepare & eat.



After the meals all started watching the animals.

**Sarath :** Sujatha!  
Look at those pigeons. They are eating grains.

**Sujatha :** Yes, all pigeons have gathered at one place and are eating.




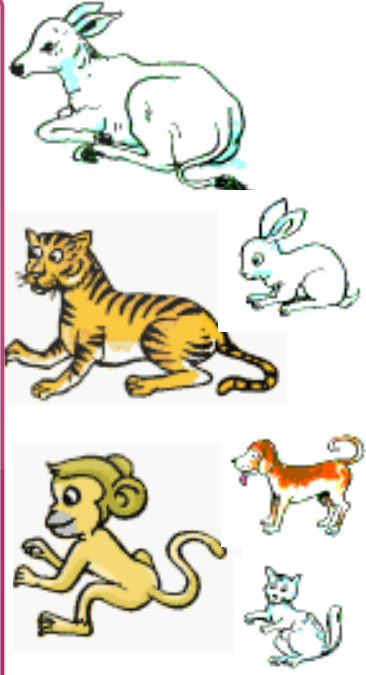


**Raghu :** Hey! Ali watch that elephant. What is it eating?

**Ali :** Oh! God! The elephant is eating both plantains and sugarcane at a time. Let's go and watch what the other animals are doing.



Write down the types of food eaten by different animals you know.

Name of animal/bird	Type of food eaten
	

Different animals and birds live around us. They also need food like us. All animals don't eat the same food. They have different food habits. They eat different foods like grains, plants, meat, honey, milk, etc.,

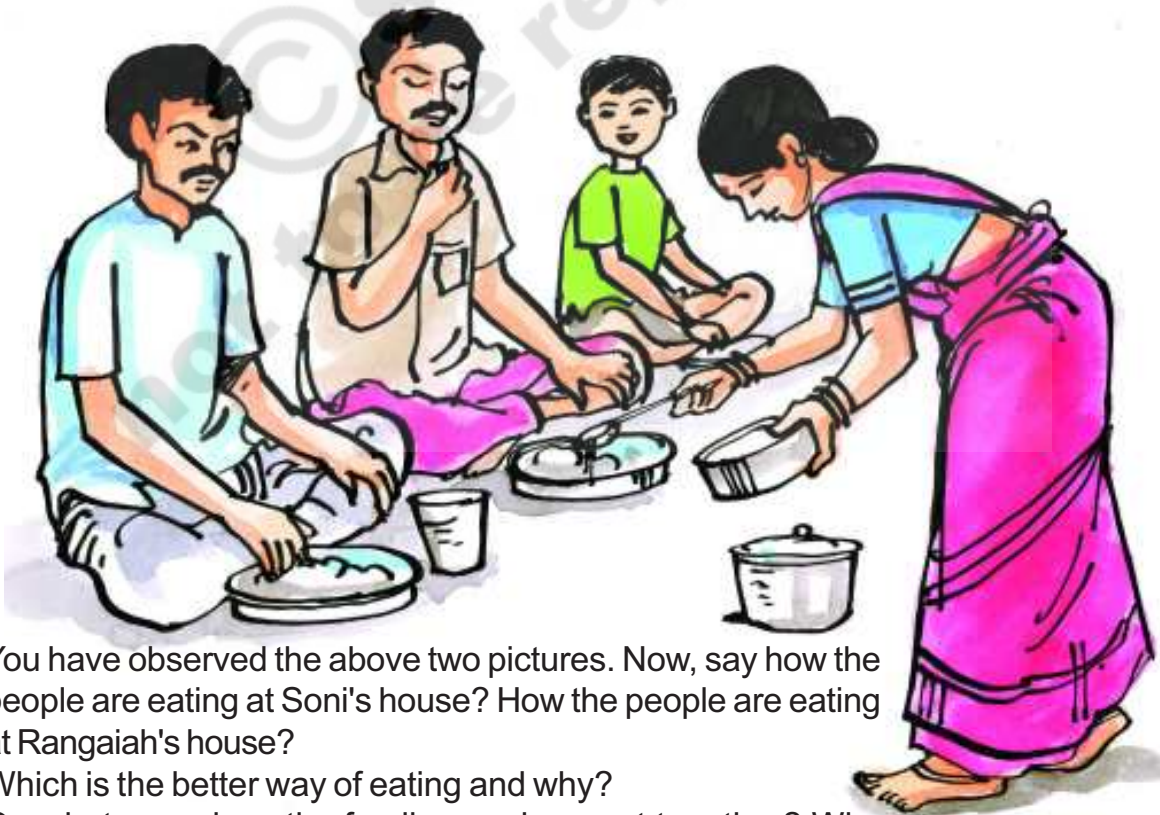




Soni stays with her father, mother and brother in the house. Shall we see how they take meals?



In Rangaiah's residence, their uncle also stays along with his father and mother. Observe how they are taking their meals?



You have observed the above two pictures. Now, say how the people are eating at Soni's house? How the people are eating at Rangaiah's house?

Which is the better way of eating and why?

On what occasions the family members eat together? Why should we eat together?





Relatives came to Soni's house for a festival. Meals have been arranged for all at a time. Soni's father and brother served them. Observe the picture given below.



When do many people eat together as in the above picture?  
What kind of work do you do when many people eat together?

Generally, all the people including elders and children sit together and eat during marriages, birthday parties and festivals. This inculcates the value that "all are one and equal."



### Can everybody eat everything?

Mahesh brought sweet corn (mokkajonna kanki) while returning home from school. He tried to feed it to his little brother who was in the cradle. Mother refused his offer as his brother was an infant and he could not eat it. Then he rushed to his grandfather to offer him the same. He also refused saying he could not eat it.

Why did mother say that the corn should not be given to the little brother?

Why did grandfather say that he cannot eat corn?

Who can eat corn in your house?





Why some food items cannot be eaten by infants and old people. Ask your elders and know what items old people can eat. What food items infants can eat? Fill the table with the particulars.

Persons	Food items they can eat	Food items they cannot eat
Infants		
Old people		
Others		

Infants don't have teeth. They can't chew the food. So, they are given either milk or soft food. People lose their teeth in old age. So, old people also cannot chew. They also eat soft food. In this way, food habits change according to age. Eating good food is very important. In the same way, we should have good food habits. We should wash our hands and legs with soap before eating. We should clean the floor after eating.

#### Key words

1. Eating together
2. Food items
3. Food habits
4. Washing hands and legs

#### What have we learnt?

- ★ The food habits of a region depend on crops grown and the availability of food items.
- ★ Special dishes are prepared during festivals and marriages.
- ★ Animals and birds also need food. They have different kinds of food habits.
- ★ All members of the family should eat together. This helps in the distribution of food items equally among the members. We feel happy when we eat together.
- ★ Food habits change according to age.
- ★ We should wash our hands and legs with soap before eating.



**DO THIS**



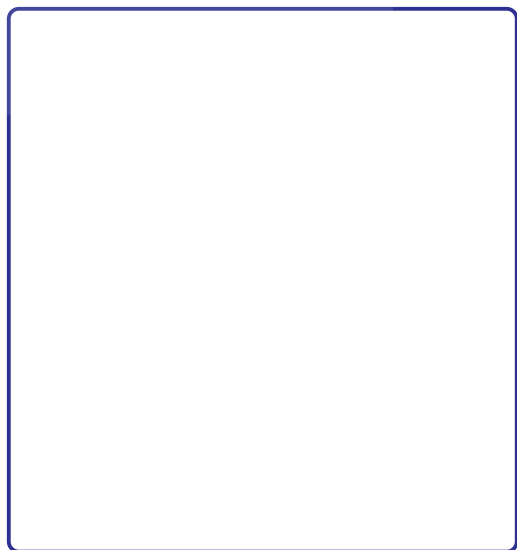
**Conceptual Understanding**

1. What are the common food items eaten most in your locality?
2. Give examples of grass eating animals and grains eating birds.
3. What do you eat every day? What do you eat on festivals?
4. Mention the differences between the food habits of a dog and a goat.
5. Why is it good to eat together?
6. Tick '✓' the healthy food habits you have from the following.
  - ◆ I wash my hands and legs before eating food.
  - ◆ I clean the plate before and after eating.
  - ◆ I would not throw and spill the food on the floor while eating.
  - ◆ I close the utensils which contain food items with lids.
  - ◆ I don't eat unhygienic and road side food.
  - ◆ I sit with everybody and we eat together.
  - ◆ I don't waste the food items.



**Draw and Colour the pictures**

1. Observe the pictures given below. Draw them. Write about them.





### Information Skills - Project work

1. Ask any five of your friends and know about the times they eat together at their homes. Tick '✓' at the proper place.

Sl.No.	Name of the friend	When do they eat together?		
		Morning	Afternoon	Night

In whose houses people are eating together for more number of times? When do they eat together? And on what occasions?



### Appreciation

1. Name the children who wash their hands and legs before eating everyday in your class? Who eats without wasting the food items? Do they clean the floor after eating? What would you do?



### Ask a Question

1. Gopi brought the plate for lunch without washing his hands and legs. His friends advised him to wash his hands and legs. Gopi questioned his friends. What questions Gopi might have asked? Are they correct? What would you tell Gopi?



### Can I do this?



- |  |        |
|--|--------|
| 1. I have learnt that the food habits will differ depending on the region. | Yes/No |
| 2. I can explain the food habits of animals and birds.                     | Yes/No |
| 3. I can explain the advantages of eating together.                        | Yes/No |
| 4. I can prepare table showing the details of food items.                  | Yes/No |
| 5. I can practice and explain good food habits.                            | Yes/No |
| 6. I can ask questions and explain the food habits.                        | Yes/No |

