







# Contents

Unit

Topic

Page No

1

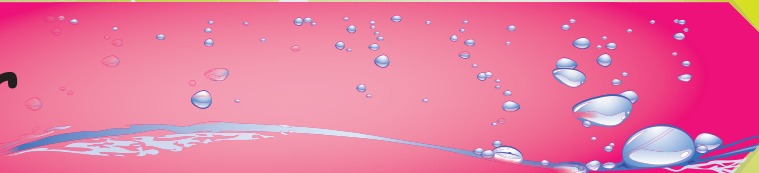
Our Delicious Food



51

2

Water



65

3

Our Society



72



E-Book



Evaluation



Digilink

50



## UNIT 1

# Our Delicious Food

### Learning Objectives

The learners

- Realise the importance of food
- List various food items
- Know the journey of rice



### Importance of Food



### Rhyme time

Food food food!  
It keeps me good  
Grains and vegetables  
Fruits and nuts  
Fish and eggs  
Milk and meat  
I need them, I eat them  
To grow and become strong  
I need them, I eat them  
To work and play  
I need them, need them, need them all



We eat a variety of food items every day. Some of them are shown below. Let us talk about it.



Guava



Carrot



Groundnuts



Idly, Vada



Dosa



Meal

All of us need food to live. Food gives us energy to work and play.





Some energy-giving foods.



**Ragi ball**



**Rice**



**Chappathi**

Milk is a healthy drink. It keeps our teeth and bones strong.



Pulses, meat, fish and egg help us grow.



**Pulses**



**Meat**



**Fish**



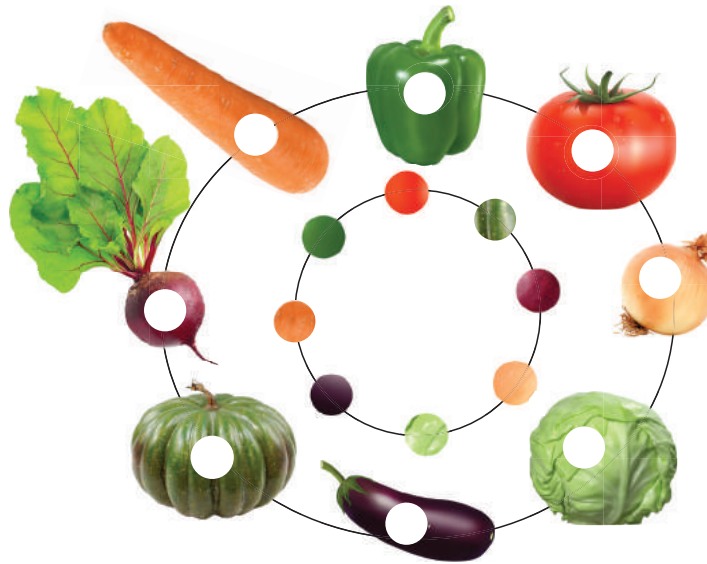
**Egg**

Nuts, fruits and vegetables keep us healthy and protect us from diseases.





Match the given parts with the appropriate vegetables.



### Our Food

Our food is a combination of milk, meat, fish, eggs, fruits, vegetables, flowers, grains, nuts, oils and ghee.



## Grains: (Cereals and Pulses)

### Cereals



Rice



Wheat



Ragi



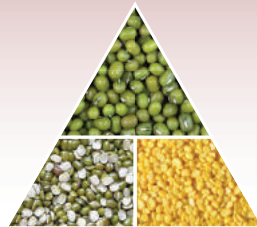
Corn

### Pulses

#### Whole and split grams



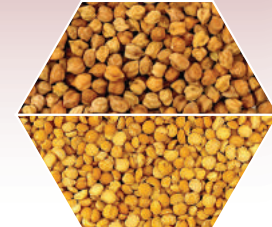
Pigeon Pea



Green Gram



Black Gram



Chick Pea

Water is essential for our body to be healthy. We must drink at least six to eight glasses of water a day.



Identify the following and write **F** for fruit, **V** for vegetable, **P** for Pulse, **C** for Cereal and **N** for Nuts.






















### A Variety of Dishes

Each and every dish we eat is unique in taste. The dishes are made up of one or more ingredients.



Rice



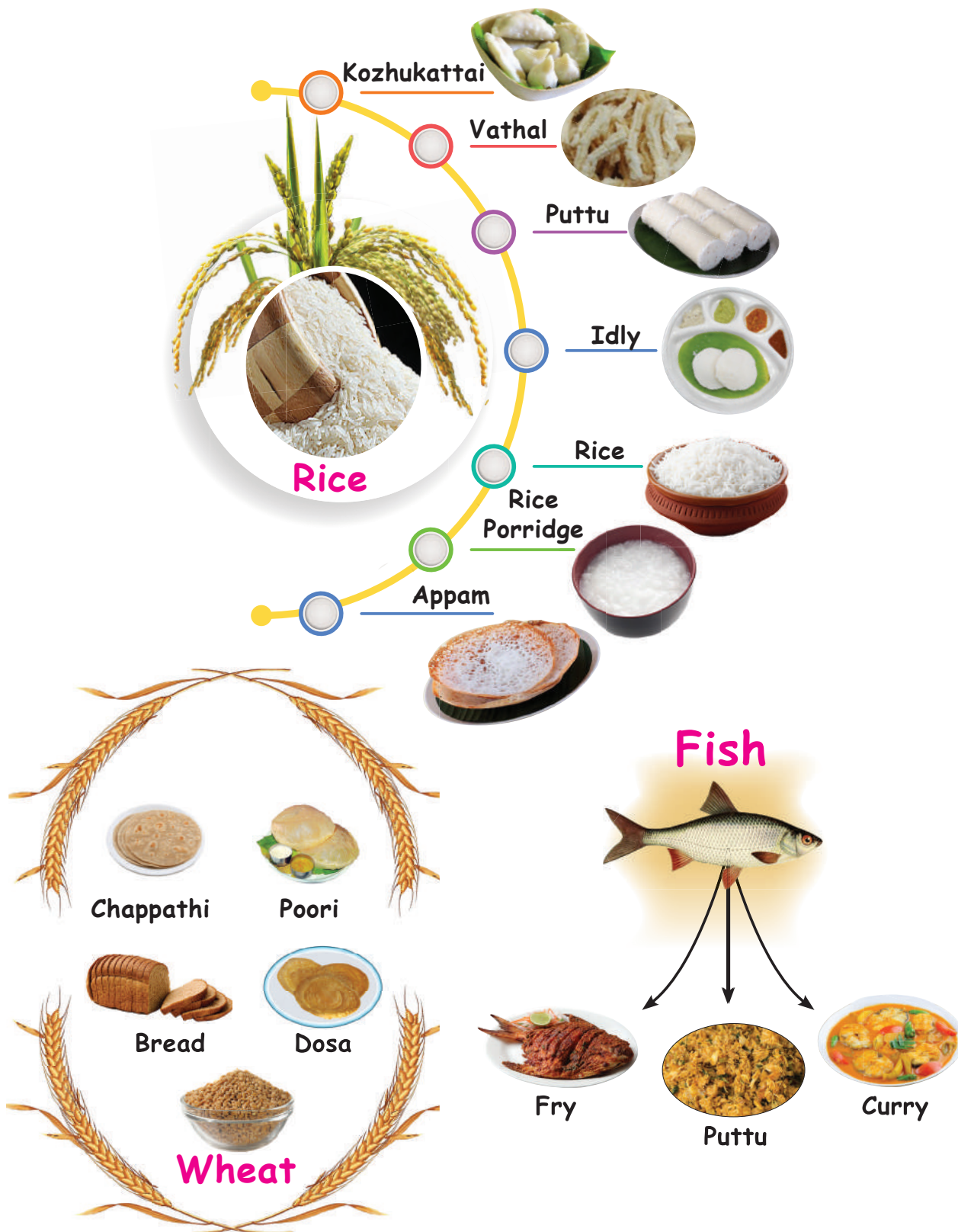
Ragi



Ragi Porridge  
(Koozh)



We can prepare many dishes using the same ingredients.



Salt, sugar and spices add taste to food.

Tick (✓) the food items made with wheat.


☐

☐

☐

☐

☐

☐

☐

☐

### Food for a Day



We have breakfast in the morning, lunch in the afternoon and dinner at night. We should not skip any meal. Some people prefer vegetarian food and some non-vegetarian food.



**Cooked Rice soaked over night (Pazhaya Soru)**



**Full Meal**



**Chicken Biryani**



**Ragi Adai**

I have my breakfast before going to school.  
Do you?



We have snacks in between.  
We should choose healthy food items as snacks.



**Chick Pea Sundal**



**Bengal Gram Sundal**



**Puffed Rice Balls (Pori Urundai)**



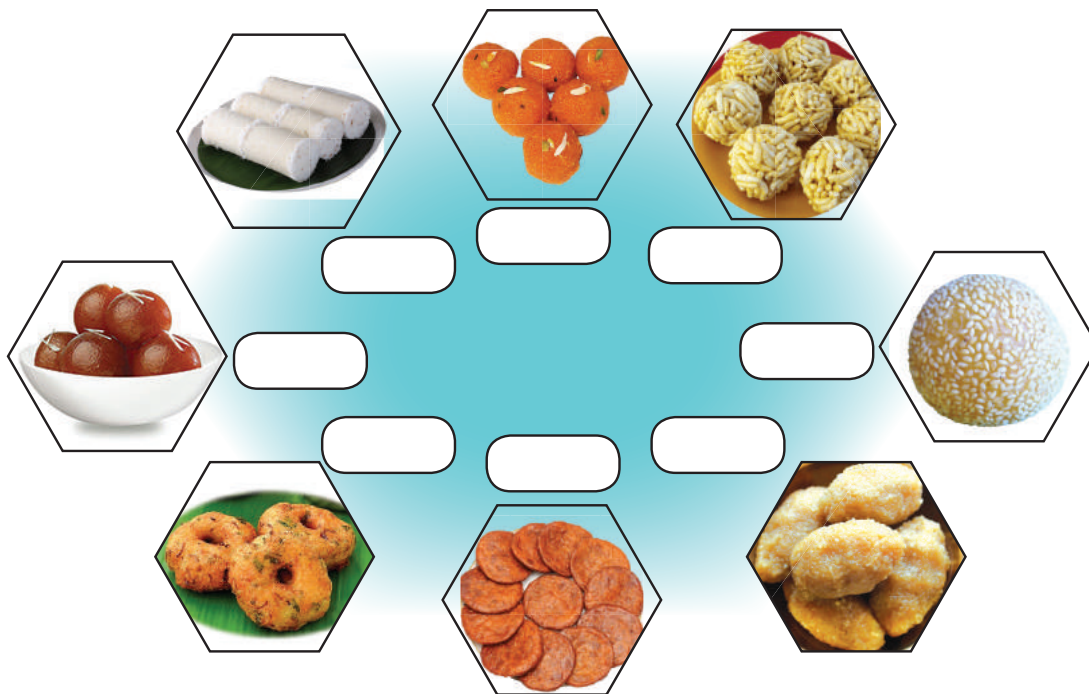
**Sesame Balls (Ellu Urundai)**



**Groundnut Candy**



Name the food items, count and write them.



### Healthy Food Items

We all have our favourite dishes. Some of them are healthy and can be eaten regularly.



**Idly**



**Wheat Bread**



**Groundnut  
Candy**



**Sprouted  
Grains**

Some should be eaten once in a while in small quantities.



**Gulab Jamun**



**Laddu**



**Murukku**



**Chips**

Some of the snacks we like are not good for us. Say 'NO' to them.



**Biscuits**



**White Bread**



**Ice Cream**



**Maida Noodles**



**Soft Drinks**



**Chocolates**

Many of us like sweets. Sweets can be prepared with jaggery or sugar. Sweets made with jaggery are better for health.



**Paruppu  
Payasam**



**Sesame  
Balls**



**Athirasam**



**Groundnut  
Balls**



**Milk Payasam**



**Rasagulla**



**Rava Laddu**



**Steamed food items and sprouted grains are healthy.**



**Idly**



**Rice Salt  
Balls**



**Puttu**

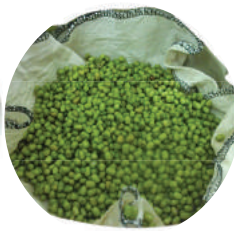
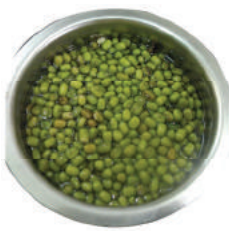


**Idiyappam  
(String Hoppers)**

### **Sprouted Grains**

#### **Shall we do it?**

Soak green gram overnight in water. Drain the water and tie it in a cloth. Observe the changes in the grains on the next day.



Leaves of some plants are used as food. They are called greens. We should have greens at least twice a week.



**Drumstick Leaves  
(Murungai keerai)**



**Black Nightshade Leaves  
(Manathakkali keerai)**



**Dwarf Copper Leaves  
(Ponnankanni keerai)**



Circle the items that we should avoid.



## Healthy Eating Habits



Wash hands before  
and after eating.



Sit together  
to eat.



Do not talk  
while eating.



Chew your food  
well.



Do not spill food  
while eating.



Avoid watching TV  
and using mobile  
phones while eating.







Do not overeat.  
It can make you ill.



Rinse your mouth  
after every meal.



Do not waste food.



Always wash fruits  
and vegetables  
before eating or  
cooking.

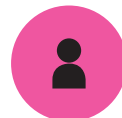


Stale food makes you  
sick. Avoid it.



Avoid uncovered food  
as it may contain dust  
and germs.

Colour the Do's in green and Don'ts in red.



## Journey of Rice

The story of rice begins with the farmer ploughing the field. Observe the pictures and see how the food comes to our plates. Always respect the food and its producer, the farmer.



Ploughing



Sowing



Transplanting the seedlings



Stages in the growth of paddy crop



Harvesting



Winnowing



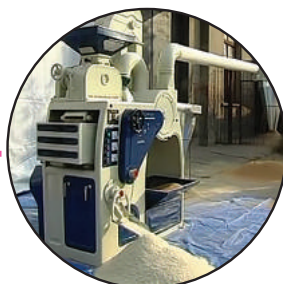
Drying



Eating



Cooking



Milling



Storing



## Farming Scene - Spot five differences.

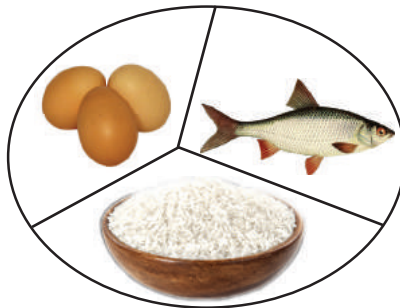


### Evaluation

1. Circle the flowers that we can eat.



2. Match the dishes with their main ingredient.



### 3. Find the odd one out.



### 4. Reach out from the bad habit to the good habit by drawing lines.



### Self Evaluation

- ★ I know the importance of food.....
- ★ I can list various food items.....
- ★ I know the journey of rice.....

