

Unit- 6: Eat Healthy

Lesson:(1-7)

Food – That gives you energy

Food type:

1. Healthy (that gives us nutrients we need like, milk, vegetable etc.)
2. Unhealthy (are high in calories and have no nutritional value like, chocolate, junk food etc.)

Food Pyramid - Food Pyramid is a chart of food that tells us how much of each food group we should eat. Look at the picture of food pyramid below:

Food Pyramid



Characteristics

fat, oil	fish, meat, dairy and lentils	fruits and vegetables	grains
<ul style="list-style-type: none"> - make food delicious - our body does not need lot of them - ex: butter, oil, cheese etc. 	<ul style="list-style-type: none"> - all these contains protein - helpful for teeth and bones - make us strong 	<ul style="list-style-type: none"> - very important for us - contains lots of vitamins - helps our eyes and health. 	<ul style="list-style-type: none"> - gives us energy - We should eat these more - ex: rice, ruti, bread, potato etc.

Activity:

1. Answer the following questions:

- a. What is food pyramid? Why is the food pyramid important?
- b. How many levels are there in the food pyramid? What kind of are there at the bottom of the food pyramid?
- c. What kind of foods are healthy for our body? Give example.
- d. Do you like junk food? Do you think junk food contains necessary nutrients?
- e. Give example of grain foods. Why are they important?
- f. Which food items provide us protein? Why fruits and vegetables important?
- g. What are the importance of dairy products and fat?
- h. What kind of food do we take more? Why should we make good choice of food?

2. True/ False. If false, give the correct statement.

- a. There are six levels in the food pyramid.
- b. Eggs help our eyes.
- c. Our bodies need a lot fat and oil.
- d. Food made of grains give us energy.
- e. Cheese is a dairy product.
- f. The food pyramid contains different kinds of food groups.

- g. It's important to choose good food for healthy life.
- h. For having strong bones we need to take oily food a lot.
- i. Vitamin strengthens our eyesight.
- j. Meat is protein.

3. Match Column A with Column B

A	B
a. Important	a. the power of doing physical activities
b. Different	b. having pleasant taste or smell
c. Energy	c. milk-based food
d. Bottom	d. of great significance
e. Choice	e. oily substance
f. Delicious	f. not similar to each other
g. Dairy	g. Natural substances needed for growth and good health
h. Strong	h. the lowest part of something
i. Vitamin	i. Act of choosing
j. Fat	j. having enough physical power

4. Write a short paragraph on “Food Pyramid”. The paragraph must include the following questions:

- a. What is food pyramid?
- b. How many levels are there in the food pyramid?
- c. Is food pyramid helpful? Why?
- d. How much of each food group should we eat?

[* Note: Write minimum 2 sentences for each question]