

Lecture content-

❖ **Food:**

- **Importance of food**
- **Types of food-**
 1. **Body building foods.**
 2. **Energy- giving foods.**
 3. **Protective food.**

❖ **Balanced diet**

❖ **Water-**

- **Importance of drinking water.**

Learning outcome- Students will be able to learn about various types of food and their importance. They will also learn about the importance of drinking water,

Food: We eat lots of food every day. Food is one of our basic needs. We need food to live.



Importance of food: Importance of food in our body is given below as points-

1. Food gives us energy to work and play.
2. Food keeps us healthy.
3. We need food to grow up.
4. Food also helps us to fight diseases.

Types of food: We eat various types of food. Different kinds of food help us in different ways.

These foods are divided into 3 types of main groups. These are-

1. Body building foods.
2. Energy- giving foods.
3. Protective foods.

Body building foods: Body building foods help us to grow. They build our bones and muscles. Milk, eggs, fish etc. are body building foods.

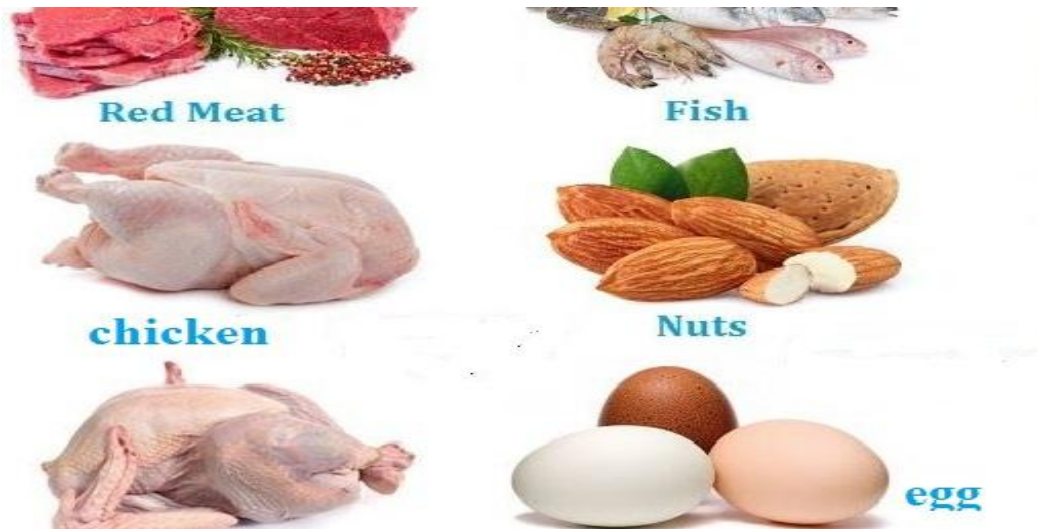


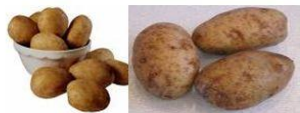
Figure: body building food

Energy-giving foods: These foods give us energy to work and play. Rice, sugar, butter etc. are energy-giving foods.

Energy-Giving Foods



RICE



POTATOES



SWEETS



SUGAR

Protective food: These foods help us to fight against diseases. They keep us healthy. Fruits and vegetables are that type of foods.



Balanced diet: Balanced diet includes the right amount of food from all groups.

Kid's Healthy Eating Plate



Water: We also need to drink at least 4 glasses clean and safe water daily.



Importance of drinking water:

1. Water helps us to digest food.
2. It also cleans our body from inside.
3. It helps to keep our body strong and healthy.