

Food-Our basic needs

Food we Eat : Fruits , Vegetables, Seeds(Cereals, Pulses and Nuts) , Cereals, Pulses ,Nuts, Healthy Food, Junk Food and Common Dishes

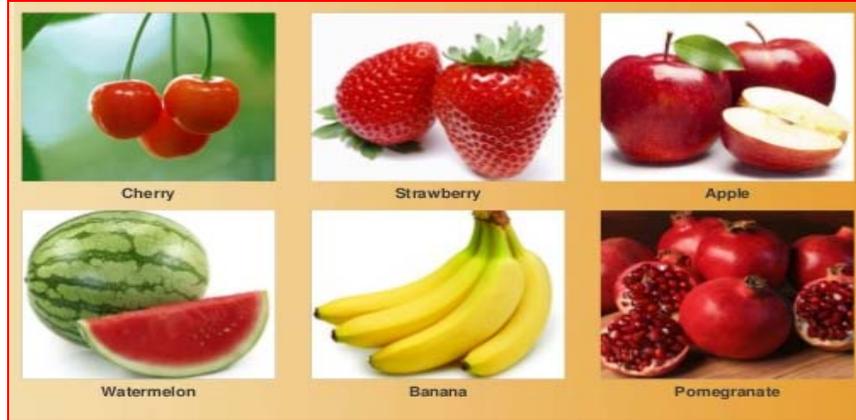


Fruits

Fruit is a part of a plant which contains seed. Fruits are liked and eaten by people everywhere. Examples: Grapes, Orange ,Guava, Papaya, Pineapple, Mango, etc



Fruits help us to stay strong and healthy. They give us lots of vitamins. Examples: Cherry Strawberry, Apple, Watermelon, Banana ,Pomegranate , etc



Vegetables

A plant or part of a plant used as food is called as Vegetable. Examples: Cabbage, Spinach, Broccoli, Drumstick, Cauliflower, Ladyfinger, etc



Vegetables provide Protein, Vitamins and Carbohydrates. They help the body to stay strong and healthy. For Examples: Turnip, Potato, Beans, Onion, Beetroot, Carrot, etc



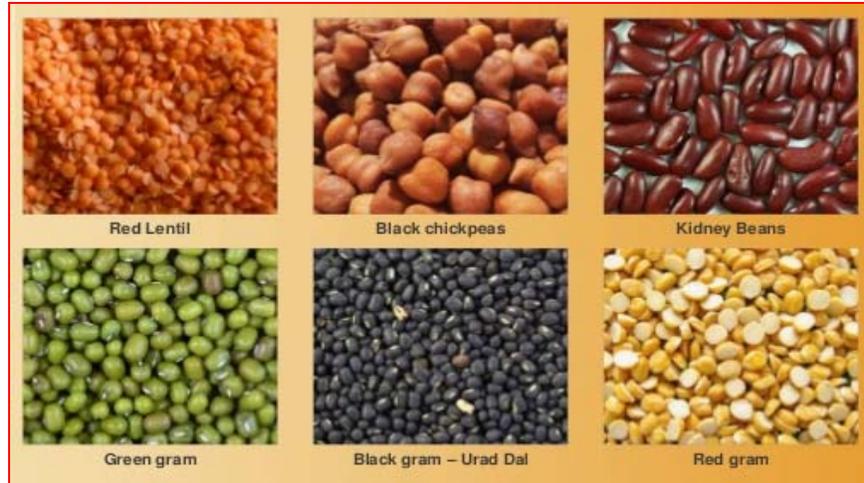
Cereals

Cereals are rich in Nutrients. We make Rotis, Bread, Dosa and Idli using them. Rice
Corn , Maize, Pearl Millet, Bajra, Wheat, Oats , Finger millet - Ragi



Pulses

Pulses help us to grow strong. We make Dal, Sambhar and Curry using them. Red
Lentil Black ,chickpeas ,Kidney Beans, Green gram, Black gram - Urad Dal Red gram



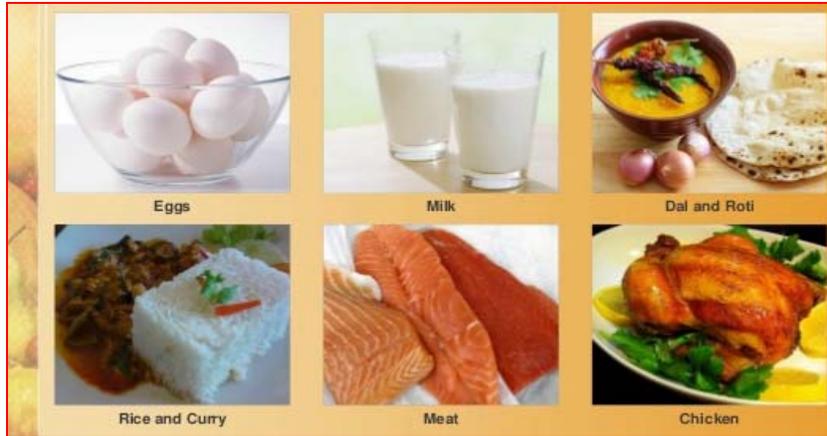
Nuts

Nuts give us lots of energy. They are a very healthy snack. Almonds, Walnuts, Pistachios, Cashews, Peanuts, Betel nut



Healthy Food

Healthy food consists essential nutrients that our body needs. It gives us calcium, proteins, vitamins and carbohydrates. It makes our body fit and healthy. Eggs, Milk Dal and Roti Rice and Curry Meat Chicken



Junk Food

Junk food always contains extra fats and calories. They are very hard for our stomach to digest. Burger, Finger ,chips ,Cold drinks ,Samosa, Chips Pizza

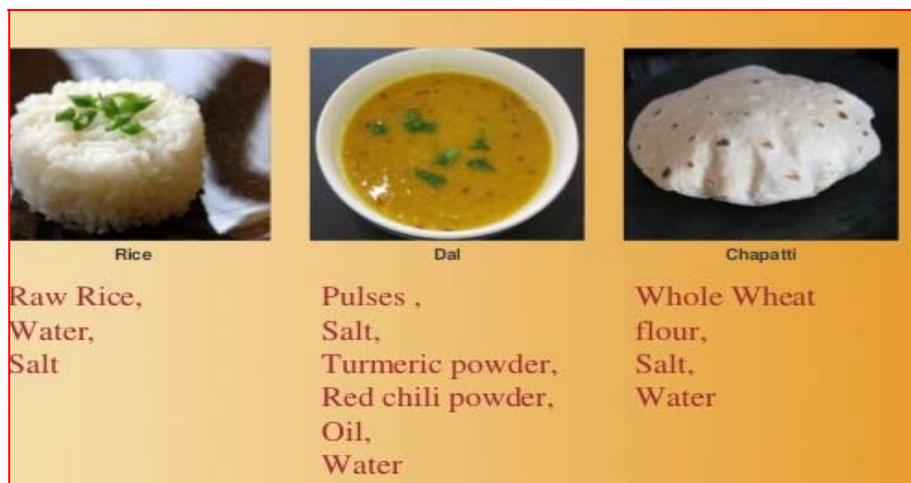


Ingredients that make a Dish Vegetables, Pulses, Oil, Onion, Spices and Water are the basic ingredients used in cooking meals. Vegetables Seeds and Pulses Oil and Water
Onion Garlic Chillies



Common food

Raw Rice, Water, Salt Pulses , Salt, Turmeric powder, Red chili powder, Oil, Water Whole Wheat flour, Salt, Water Rice Dal Chapatti Common Dishes Home made food is always a healthy food.



Rest, Posture and Exercise

Exercise

- It makes our body fit and muscles active.
- Exercise burns extra fat of our body.
- Our heart beats faster during exercise and improves blood circulation.
- The sweat during exercise makes our body clean and cool

Posture

We should sit or stand straight because we breathe in more oxygen and look more graceful.

Rest

Sleep on the time

Our body gets tired doing various activities like studying, playing, going to school. This makes our body inefficient. To make it work properly again we need to give it rest.