

## Introduction of Food



As we know food is very important for us. It is very much needed for the living. We eat food to grow and develop.

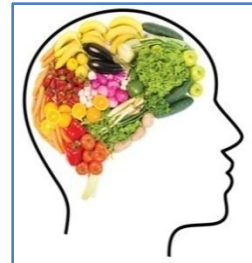


It helps us in the following ways:

- A. It helps to give strength to our body.
- B. It helps to grow.
- C. It gives stamina to fight with disease.
- D. It gives energy to play.
- E. It is needed for not only making body but making mind also strong.



But all these things we cannot get from a single food items. If milk is important same as chapati is also important. Both are needed for the growth of the body. Alone chapati or milk cannot do anything.



**Therefore, we eat different kinds of food:**

**A. ENERGY GIVING FOOD**

**B. BODY BUILDING FOOD**

**C. PROTECTIVE FOOD**