


Chapter – 7 Our Food

Class – 1

E.V.S





**Food helps us to grow. Food keeps us healthy. We need energy
to work and play. Food gives us energy.**

We get food from plants and animals.

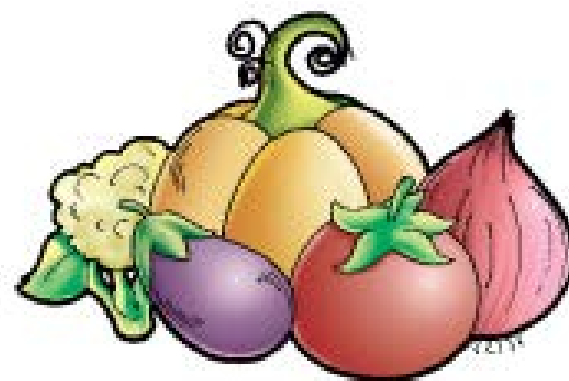
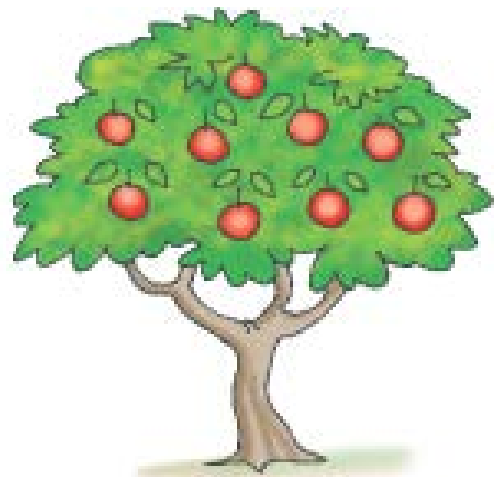




FOOD FROM PLANTS

Plants give us fruits and vegetables.

Fruits and vegetables keep us healthy and fit.





Plants give us cereals and pulses.

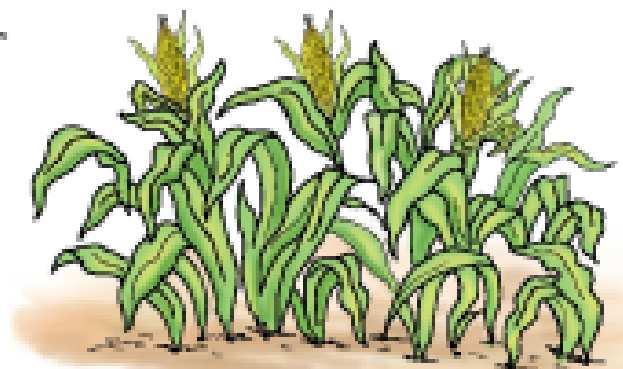
Wheat, rice and maize are cereals. Gram, chickpea, kidney beans etc. are pulses.



Wheat plant



Rice plant



Maize plant






FOOD FROM ANIMALS

**We get milk from animals. Many things are made from milk.
Things like ghee, curd, cheese, butter etc. are made from milk.**



We get eggs and meat from animals.





We should eat lots of green vegetables and fruits. We should eat proper food at proper time.





Fact File

- **Fruits and vegetables protect us from diseases.**
- **Fish and eggs help in the growth of the body.**



Things to Remember

- Plants give us fruits and vegetables. We also get cereals and pulses from plants.
- We get milk, eggs and meat from animals.



THANK YOU