



# Our Food

## CLASS 2

### E.V.S



**Food is one of our basic needs.**

**It helps us in the following ways:**

- **It helps us to grow.**
- **It gives us energy to work and play.**
- **It helps us to fight diseases and keeps us healthy.**

**No single food item provides us all the things that our body needs. Therefore we eat different kinds of food.**





**We need following kinds of food:**

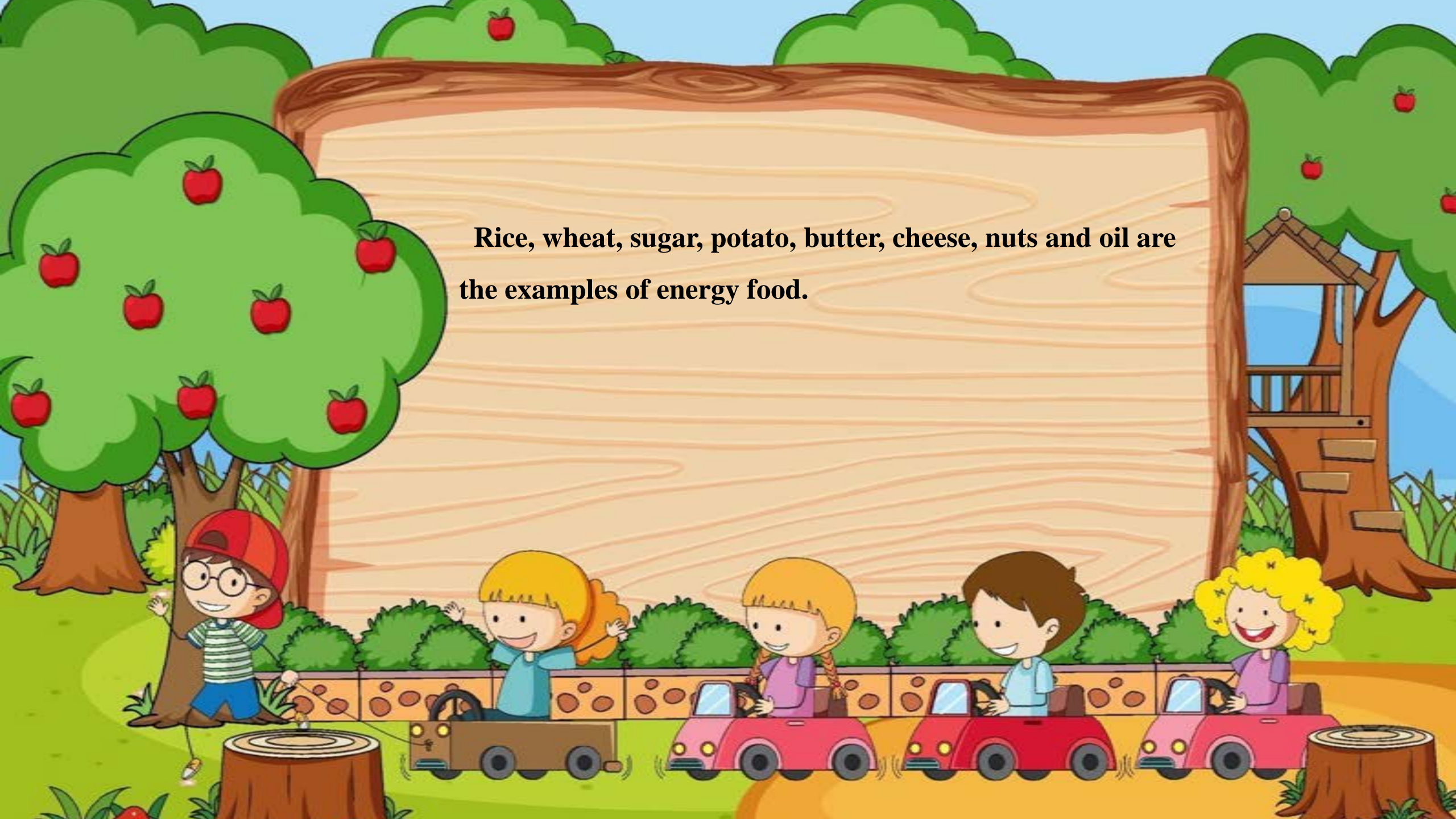
- **Energy giving food**
- **Body building food**
- **Protective food**

## ENERGY GIVING FOOD

Such food items give us  
energy to work and play.  
People who do more  
physical work need more  
energy food, in their diet.



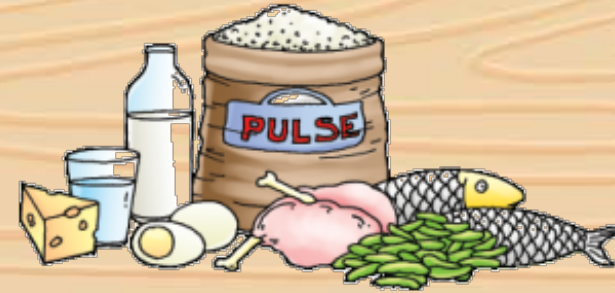
**Rice, wheat, sugar, potato, butter, cheese, nuts and oil are  
the examples of energy food.**



## **BODY BUILDING FOOD**

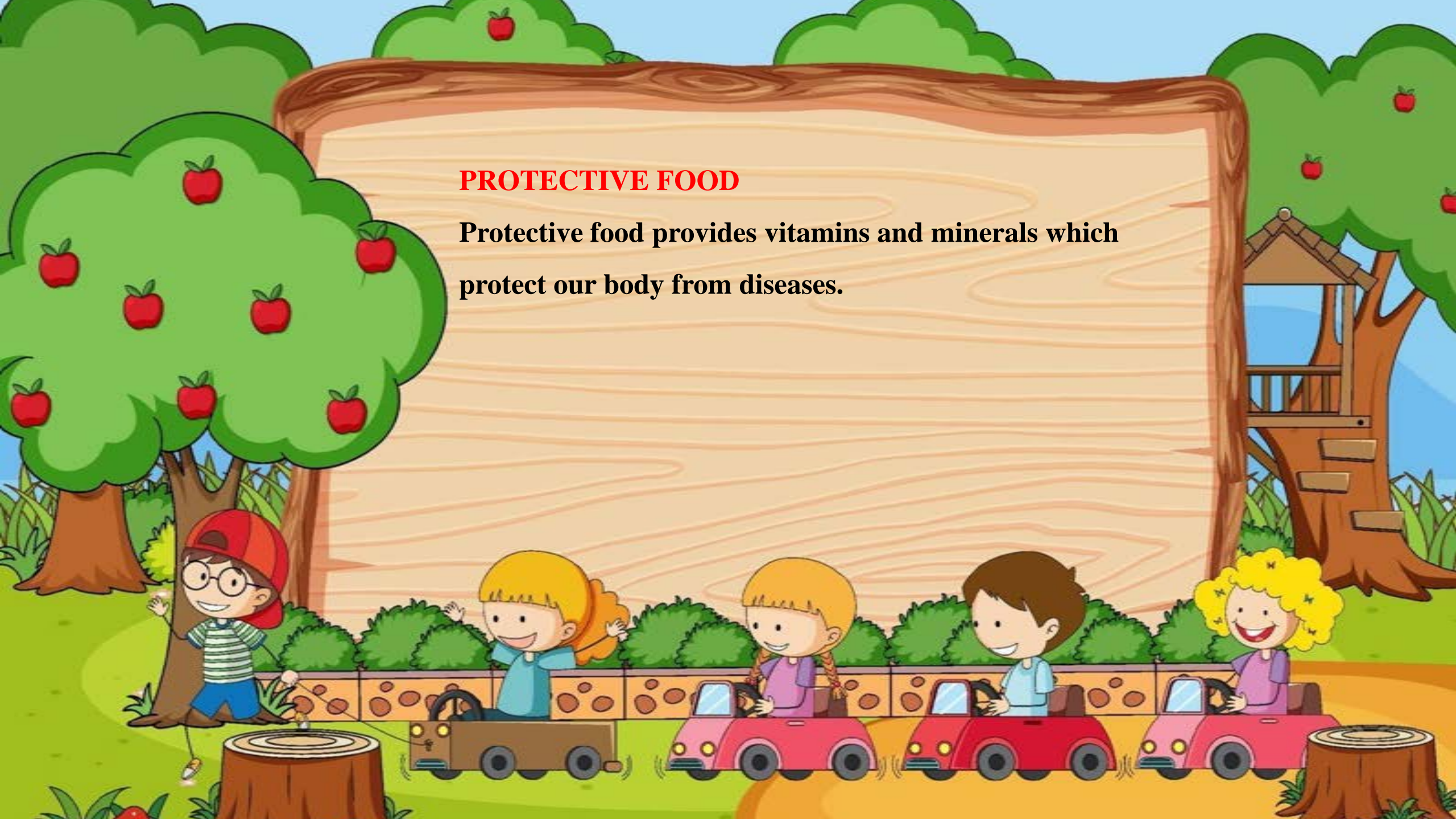
They help our body to  
grow. They help us to build  
muscles and make us strong.

Food such as milk, cheese,  
eggs, pulses, meat, fish,  
beans etc. are the body building food.



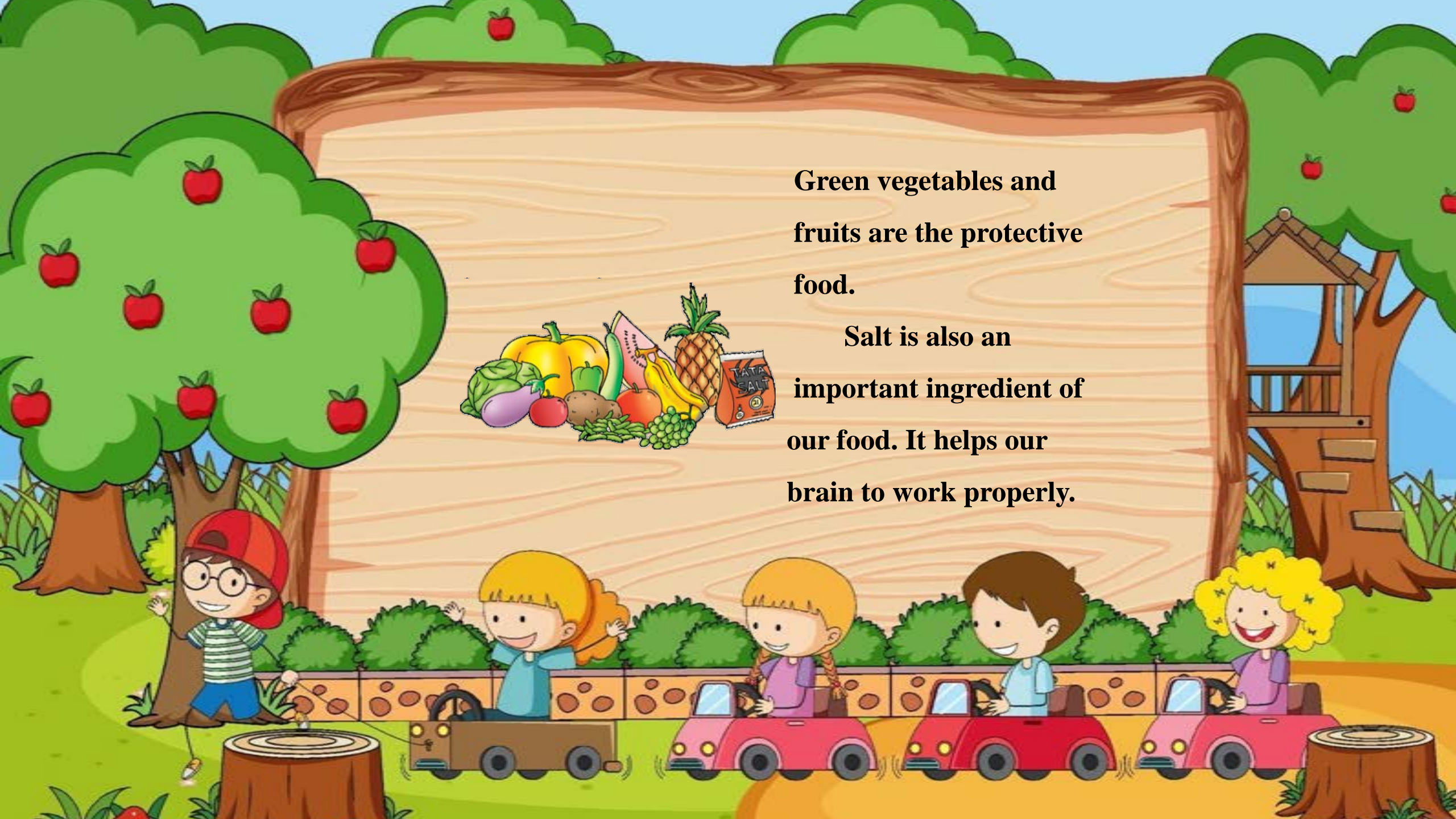
## **PROTECTIVE FOOD**

Protective food provides vitamins and minerals which protect our body from diseases.



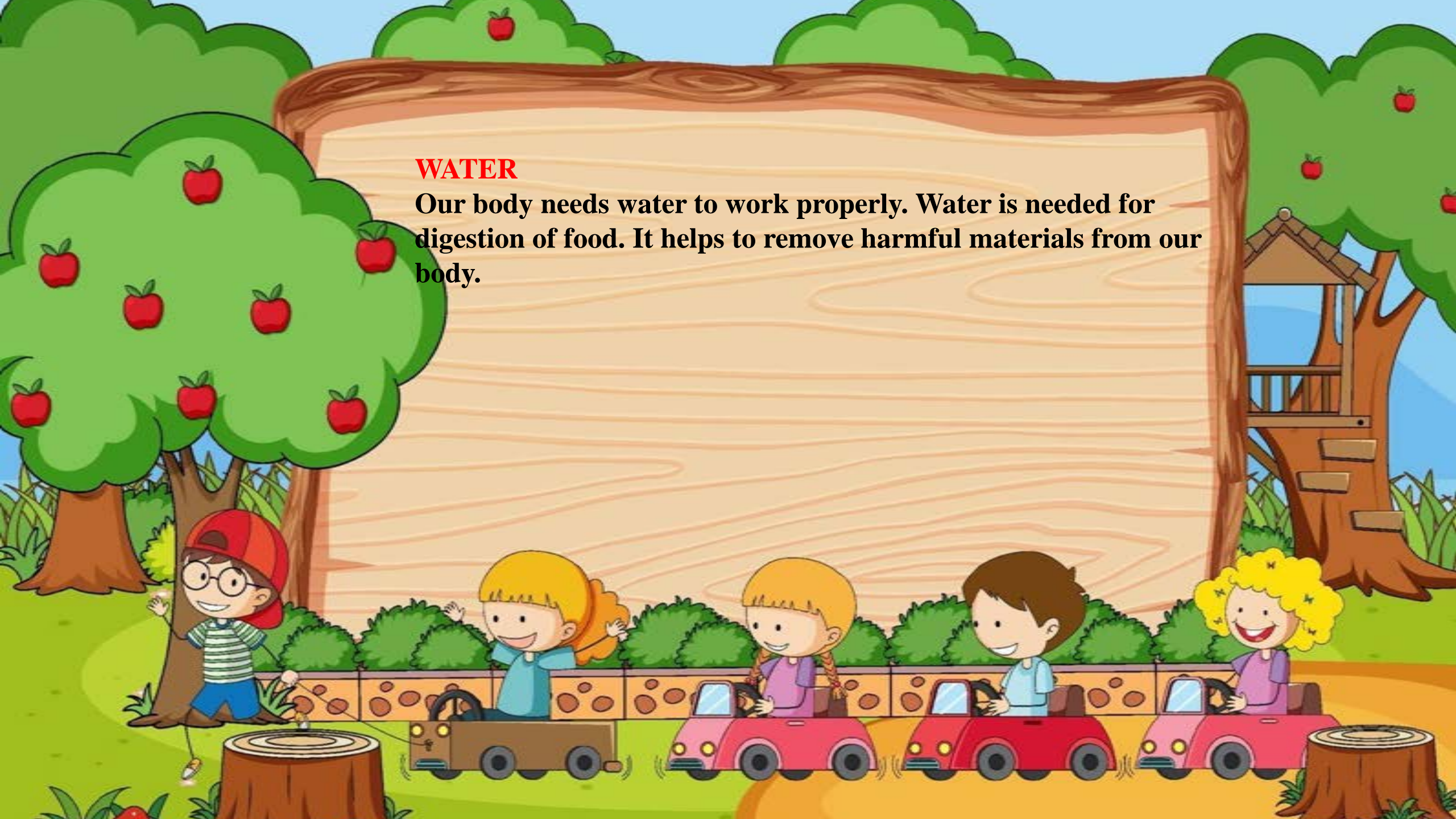
**Green vegetables and  
fruits are the protective  
food.**

**Salt is also an  
important ingredient of  
our food. It helps our  
brain to work properly.**



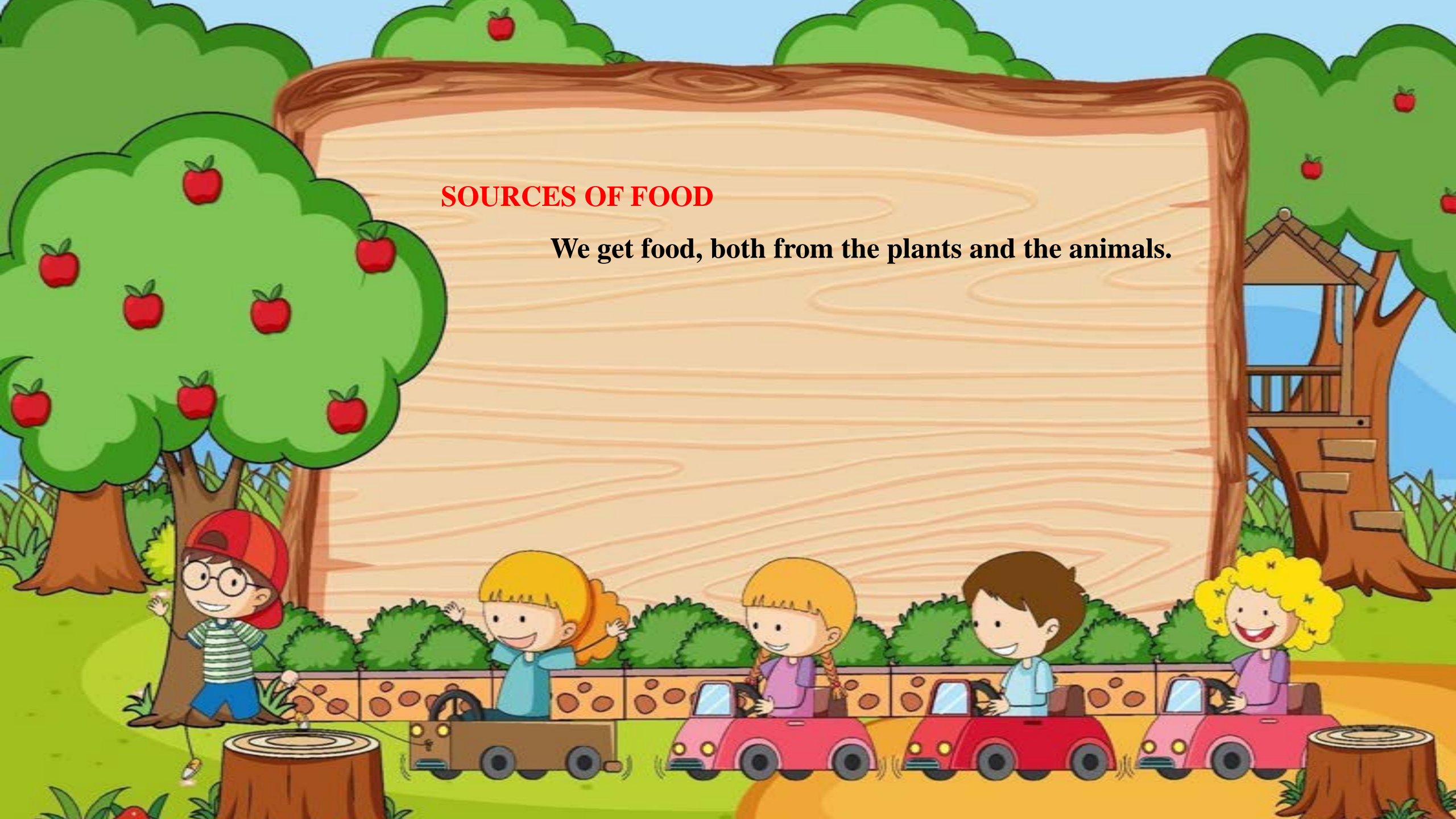
## **WATER**

**Our body needs water to work properly. Water is needed for digestion of food. It helps to remove harmful materials from our body.**



## SOURCES OF FOOD

We get food, both from the plants and the animals.



## Food From The Plants

We get most of our food, from plants. We get vegetables, fruits, cereals and pulses from the plants.



## Food From The Animals

Food items such as milk, meat and eggs are obtained from animals.

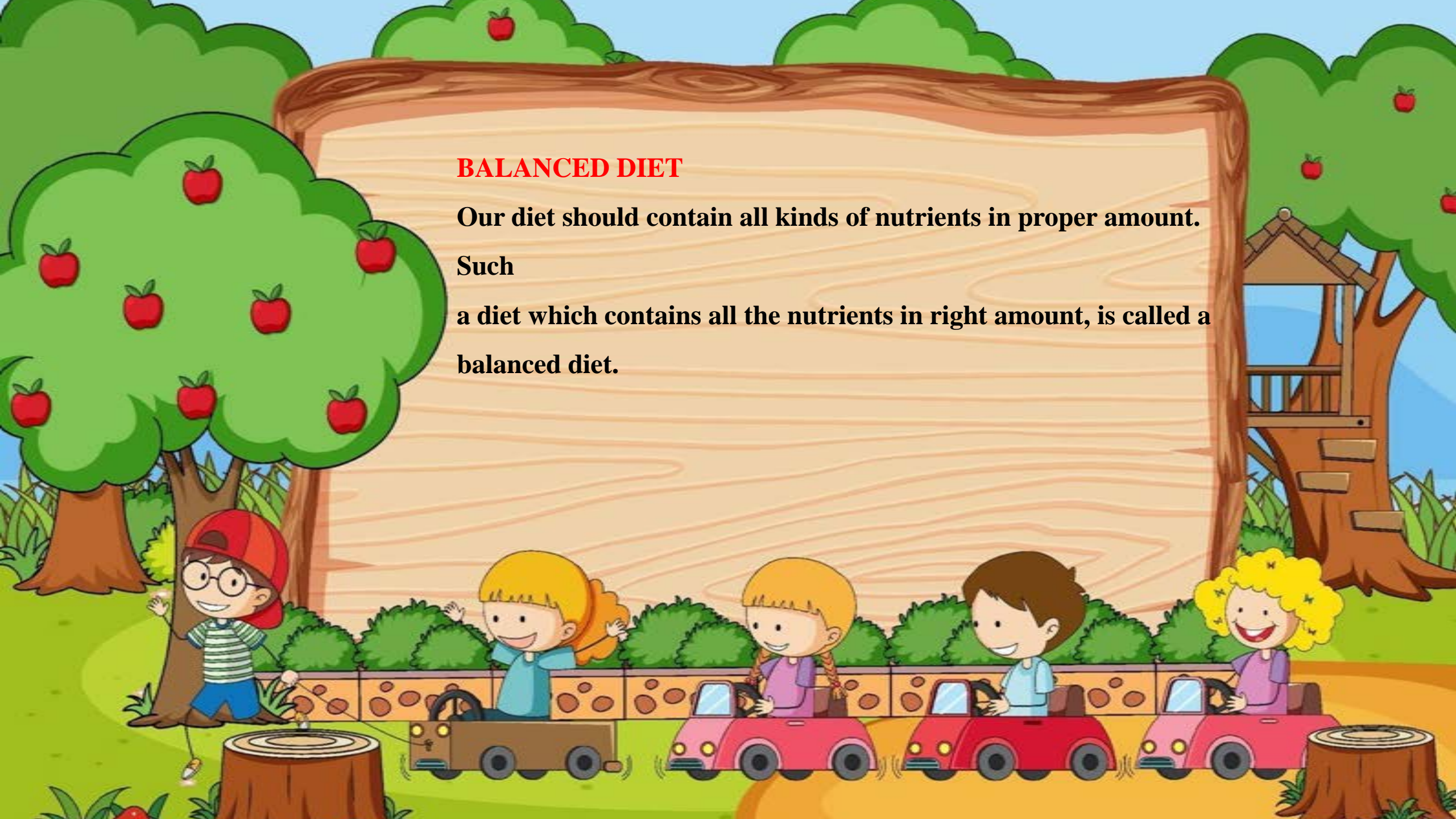


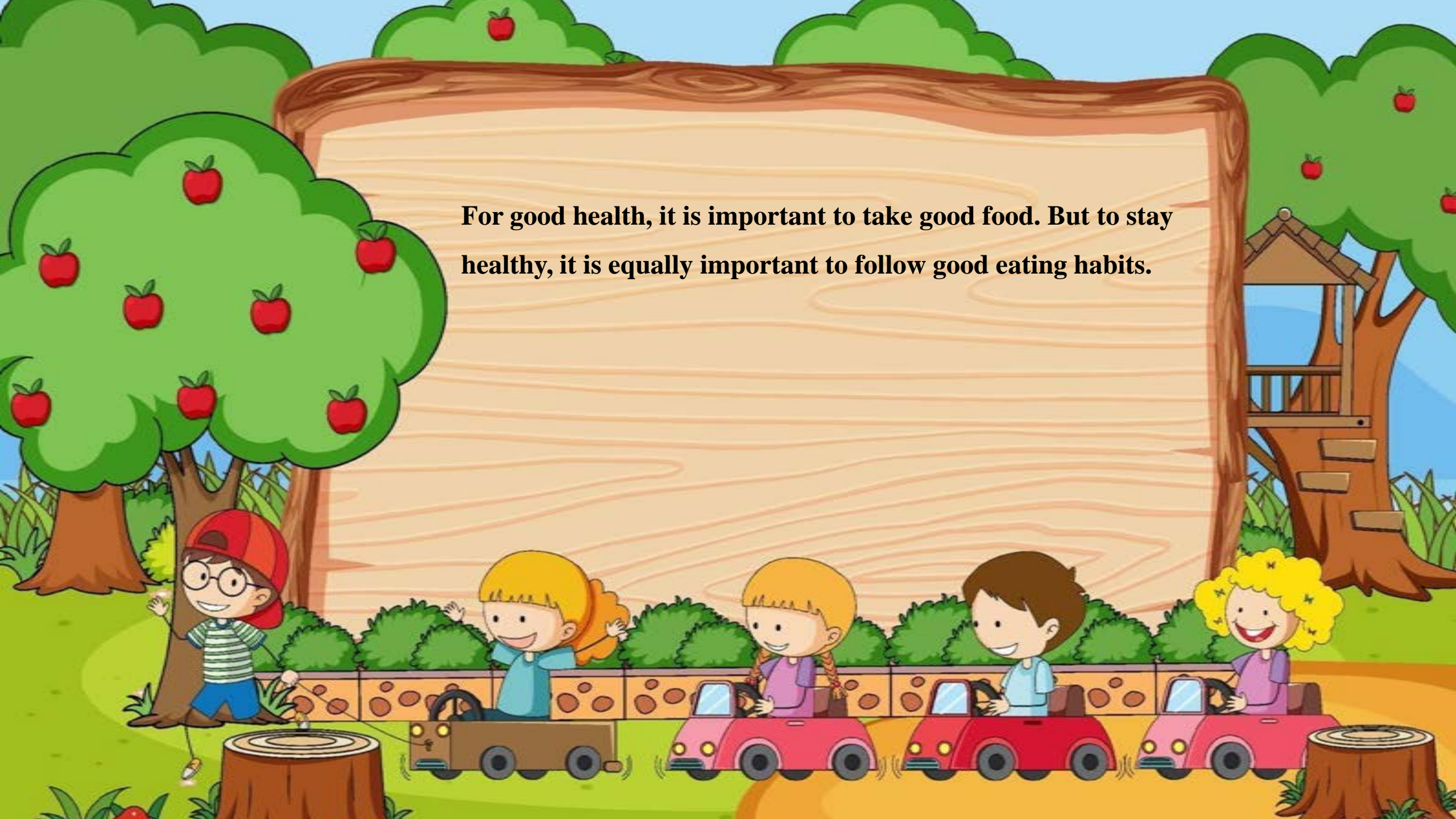
## **BALANCED DIET**

**Our diet should contain all kinds of nutrients in proper amount.**

**Such**

**a diet which contains all the nutrients in right amount, is called a  
balanced diet.**





**For good health, it is important to take good food. But to stay healthy, it is equally important to follow good eating habits.**



### Fact File

- Most of the diseases are spread through the contaminated food.
- There are lots of people on the earth, who do not get proper food.



### Things to Remember

- Food gives us energy to work and helps our body to grow.
- We should eat balanced diet which contains all kinds of nutrients.
- We should eat such food which keeps us healthy and helps us fight, against diseases.