



1. Health is Wealth

Class 3
English



Ruhi, I have won the race again!

Tiny was breathless, She just couldn't run.

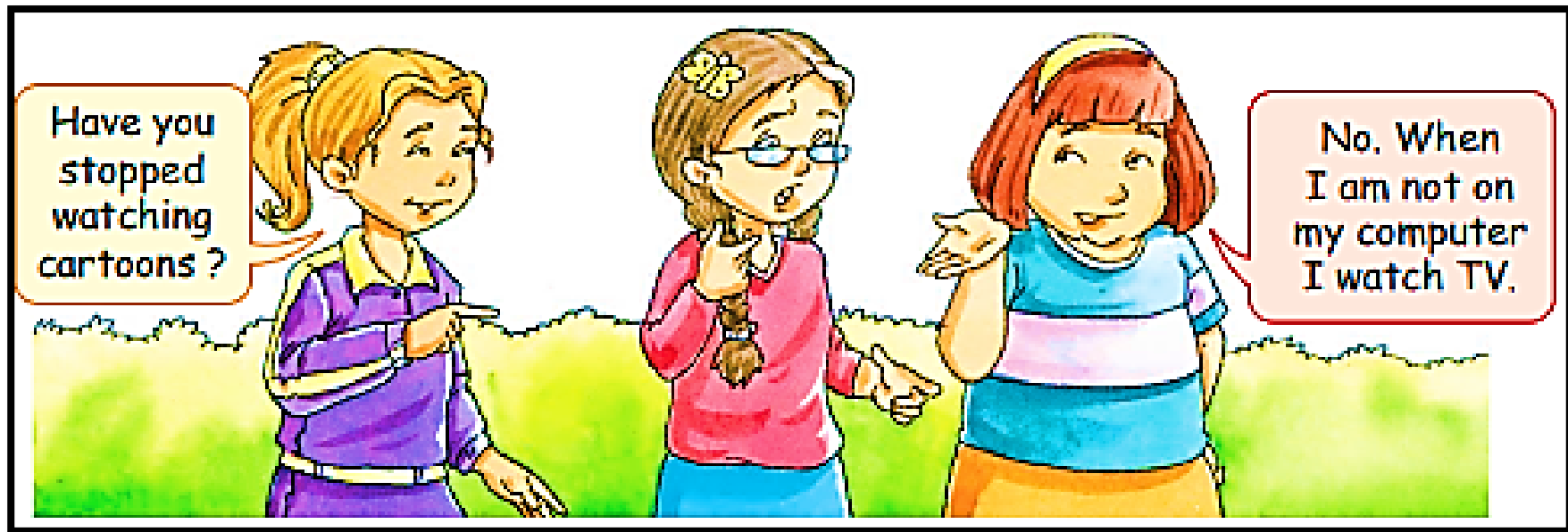
Meha, last year also you came first.



Tiny, you haven't been practising. I haven't seen you in the playground for months!

I've been playing a lot of games on my computer.









What is Junk Food ?

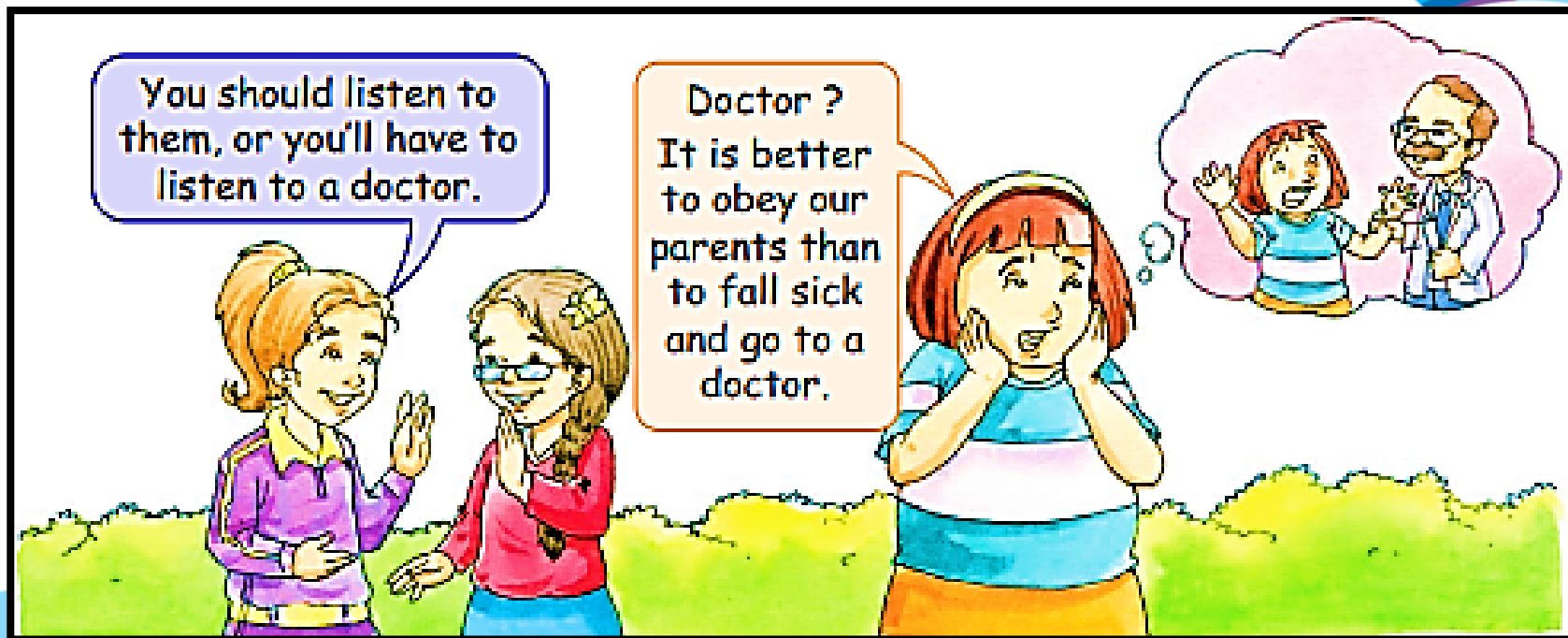
Junk food is a term describing food that is perceived to be unhealthy and/or having poor nutritional value.

Food Standards Agency (UK)

Junk food ? Junk food is bad for health. My parents are very particular, I take balanced diet and fresh fruits.

My parents are particular too. But I don't listen to them.





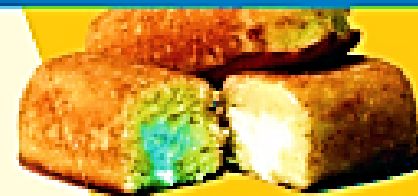


A.

Tiny, just read this passage carefully.



Eat Right !



“No, no more burgers and pizzas,” said the doctor firmly. “This junk food has ruined the health of our children”, continued Doctor Kochar.

These days more and more children are beginning to be overweight. Wrong food habits and sedentary lifestyle is the main cause of worry.

Children are hooked not only to TV but also to the Internet. So, many children tend to become obese.





Obesity is a disease and is responsible for more than 60% of all non-communicable diseases in the world.

Diabetes, breathlessness, sleep disorders, weak bones are some of the problems of overweight people.

We should eat healthy food.

Be sure whenever we open our mouth, we put in healthy and nutritious food, and not junk food because our body is not a junkyard.



THANK YOU

