



Need of Food

Why Do We Need Food?

i. To Live and Grow

- Food gives us energy to play, study, and grow.
- It helps our body to grow tall and strong.

ii. To Get Energy

- Food gives us the strength to walk, run, jump, and work.

iii. To Stay Healthy

- Good food keeps us safe from illness and diseases.
- It helps us stay fit and active.

iv. To Repair Our Body

What Happens Without Food?

- We feel weak and tired
- We may fall sick
- We cannot grow properly