

## Chapter-4

# Taking care of our body



How do you feel when your body is not well? Do you feel like playing when you are sick?

When our body is not physically sound, our mind also does not feel good. That is why we should always take good care of our body. By taking care of our body, we can stay healthy. For our body to get energy and to stay healthy we must eat different kinds of food and proper meals. We must exercise and play games and sports. We must be health conscious. We must follow certain rules to keep ourselves healthy. Along with appropriate meals, we must drink sufficient water, eat vegetables and fruits. We must keep ourselves clean by using toilets regularly and hygienically.

**By healthy we mean a disease-free state of the body where we can do the daily works and activities, play sports in a good spirit.**

➤ What are the foods that you eat at home? Discuss in groups and prepare a list.

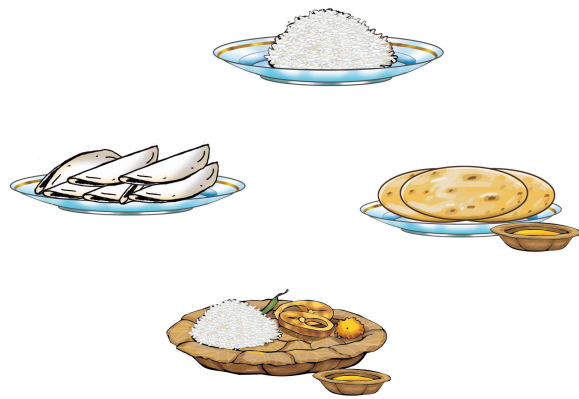
**Let's read the following conversation between a teacher and her students-**

- Teacher : What food do you eat in the morning?
- Rana : I eat *luchi*, potato and *ghugni*, butter and milk.
- Arif : I eat *kheer*, banana, dates and milk.
- Gauri : I eat *doi-chira*, jaggery, apple and *sweets*.
- Teacher : Good! Now tell me, what do you eat in the afternoon?
- Minati : We eat mid-day meal at school when the school is open. In our mid day meal we eat dal, rice, egg, pumpkin, cabbages, cauliflower and potatoes.
- Randeep : At home in the afternoon, I eat rice, dal, fish curry with spinach, curd .
- Suravi : I eat rice, dal, meat, carrot, soyabean and cucumber salad and lemon.
- Teacher : Well, what food do you eat at night?
- Jesmina : At night, I eat rice, dal, vegetable and butter.
- Rekha : I eat rice, dal, vegetable, grilled fish.
- Rakesh : I eat egg omelette, potato curry and chappati.

- Find out the different food items from the above conversation and prepare a list of what you eat in the morning, afternoon and at night.

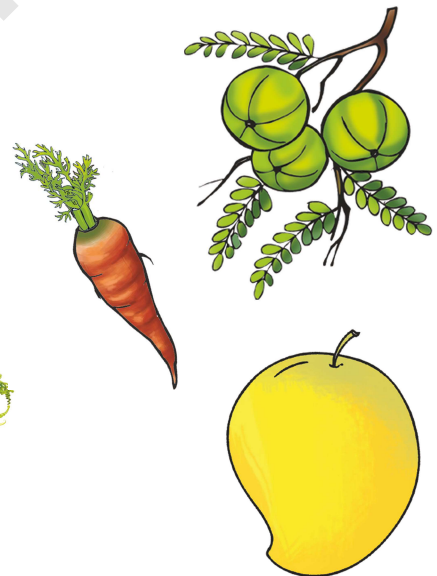
Food taken as breakfast	Food taken for lunch and dinner

We need energy to work or to play. We get this energy from the food we eat. Food items like rice, chappati, butter, ghee, sweets ,etc, give energy to the body. These are called **energy giving food** or **carbohydrate rich food**.



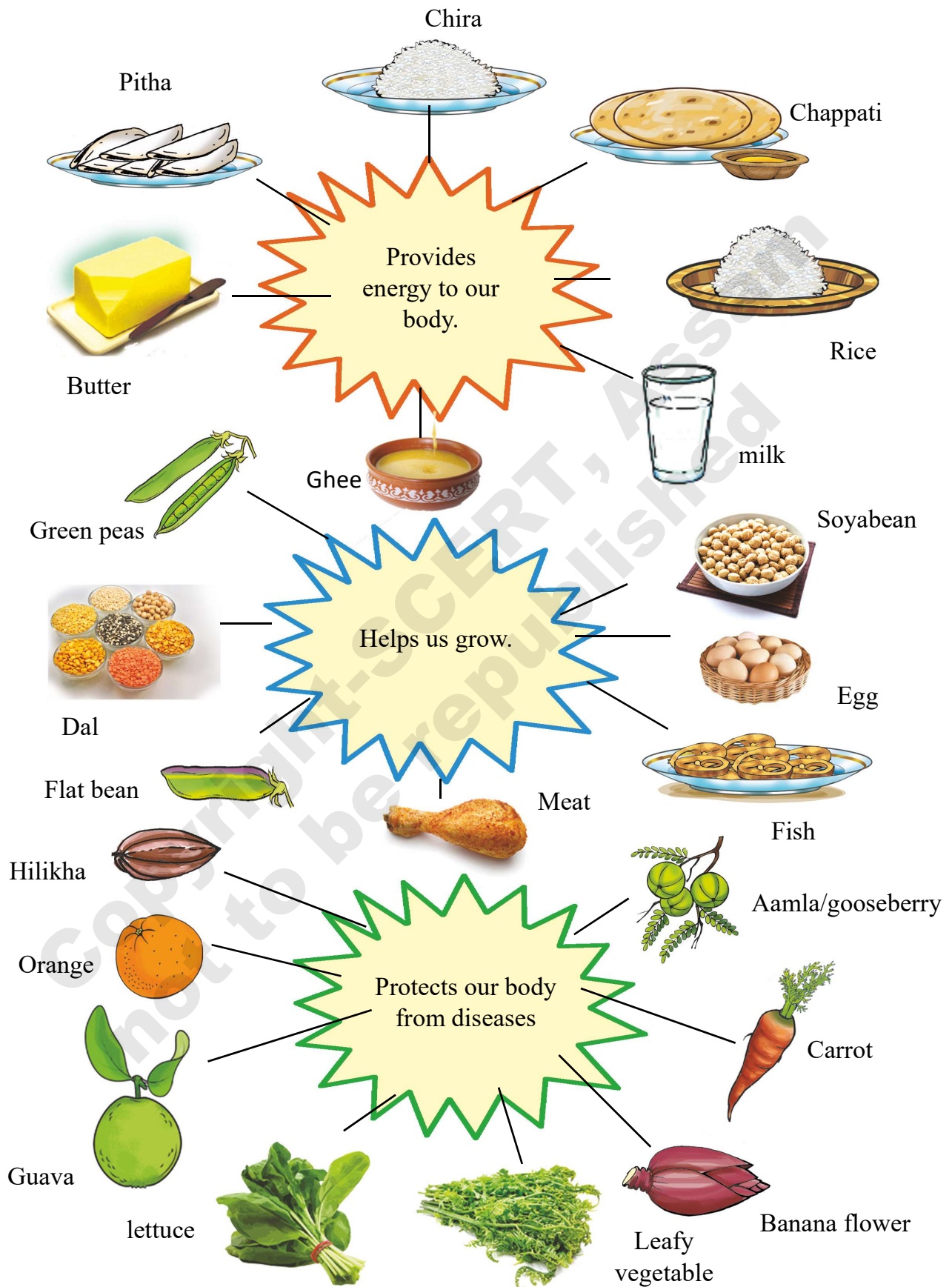
On the other hand, dal, fish, eggs, sour milk, curd, soyabean, green pea, bean, mushroom etc, help in our growth and development. They are called protein rich food. Since they help in the growth of the body, they are also called **growth-factor foods**.

Orange, oil, ghee, etc, protect us from diseases. Such food are called **body-protective foods**.



The main item that protects the body from diseases is vitamin. Vitamins are found in fruits and vegetables. They are also found in milk, egg, fish and meat. These food items are also called body-protective food.

## Let us look at how food helps us-





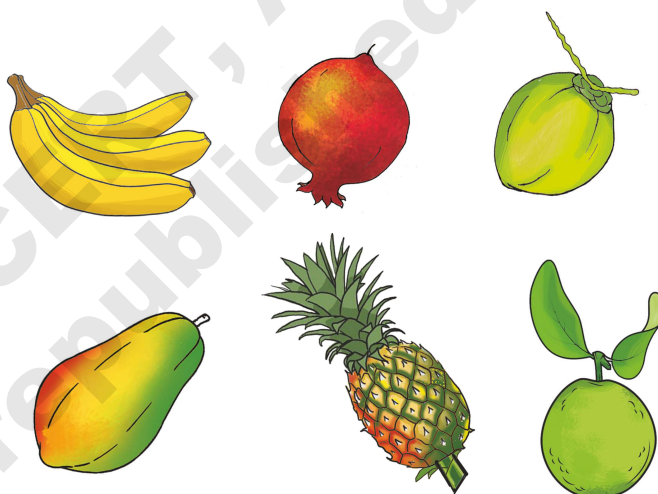
- Look at the picture in the previous page and prepare a list of the food items necessary for our body

Food which provides energy to our body	Food which helps us to grow	Food which protects us from diseases

- What food items do you eat at your home? Name the foods that protect your body from illness?
- Are all the foods that you eat beneficial for your body? If no, then think and say why.

### Let's learn about a balanced diet

It is very necessary to have nutrients in our everyday meals. There are different fruit trees in our surroundings, like- mango, blackberry, *pineapple*, coconut, jujube, papaya, banana, etc. These fruits are our nutritious foods



When a diet consists of different types of energy-giving food for body growth or protein rich food, and body protectors like vitamins, mineral salts or elements and water, such meals are called balanced diet. Too much quantity of one nutrient or too little quantity of nutrients in our diets may cause imbalance in the nutrition and may show symptoms of various diseases.



We get many benefits from foods like rice, pulses and leafy vegetables like lettuce, spinach, cabbages etc. Apart from energy, we are also protected from illness.

Eating food items like— packaged potato chips, cold drinks, maggi, chowmein, ice cream etc is not good for our body.

- Prepare a chart of the foods that you eat over a period of one week.
- Is the amount of food that you eat same with that of your parents and grand-parents?
- Have you seen a baby eating? What do they eat? How much do they eat?  
(Discuss with your parents or elders and try to answer.)



The growing children need more protein enriched or energy-giving foods. Players or hardworking people need energy-giving foods and for infants (up to six months) mother's milk is the best food. Since the growth and development of organisms take place according to their age, so the requirements of their food components are also different.

To keep our body free from diseases, it is necessary to have a balanced diet along with play and physical exercise. Playing different sports and regular exercises increases blood circulation in body and makes the body stronger. To keep our body energetic, rest is also necessary. We get energy to carry out new tasks when we rest.



- Participate in any sports or games to understand the playground rules.
- Prepare a chart of the games and sports that you play at school

To live a healthy life, we must follow certain rules. Following are few rules we must keep in mind while eating-

- ✧ Foods and utensils should be clean
- ✧ Food items should be kept covered.
- ✧ Uncovered foods should not be eaten. This is because dust, dirt, flies, etc. may set on the uncovered food.
- ✧ Hands should be washed properly before eating.
- ✧ Vegetables, fruits etc. should be washed properly before eating.
- ✧ We should drink purified water by filtering and boiling.



To stay healthy, maintaining cleanliness and hygiene is very essential. Cleanliness will keep our physical and mental health strong. Our body will be free from diseases .

**We can keep ourselves clean by following some rules. They are-**

- ✧ By taking bath regularly with soap
  - ✧ By brushing our teeth in the morning and before going to bed at night
  - ✧ By trimming our nails and hair regularly
  - ✧ By wearing clean clothes.
  - ✧ By not spitting here and there.
  - ✧ By using sanitized toilets.
  - ✧ By washing our hands and feet with soap after using toilet.
- Which of the above rules do you carry out to stay clean and maintain hygiene?

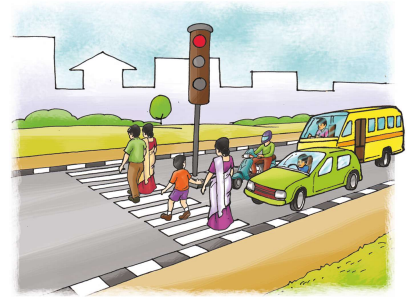


**Wash your hands properly with soap everyday before having mid-day meal at school.**

## What should we do while walking in the streets?

We should follow certain safety rules while walking on the road—

- ✧ Walk on the side of the road and walk facing traffic.
- ✧ Look to your left and right while crossing the road.
- ✧ Do not cross when traffic is moving .
- ✧ In towns and cities, cross the roads only at zebra-crossings.



**Read the following statements and mark what you should do and what you should not do when you get on a vehicle-**

- ✧ Stand in a queue and board one by one —
- ✧ Push, fight and shout around —
- ✧ Jump out of a moving vehicle when it slows down —
- ✧ While getting down face towards the direction that the vehicle moves —
- ✧ Taking out hands and head through the window in a moving vehicle —
- After eating at home or school where do you throw your waste materials?

Waste materials should not be thrown here and there. It should be thrown into the dustbins kept specifically for that purpose.





## Exercise

### 1. Answer the following-

- (a) Write down the names of two indoor games.
- (b) Write down the names of two outdoor games.
- (c) Write down the names of two energy giving food.
- (d) Write down the names of two fruits that protect us from diseases.

### 2. Put '✓' sign in the correct answer-

- (a) Food provides energy to our body.
- (b) Always drink clean and purified water.
- (c) Always walk to your right while walking on the road.
- (d) Potato chips, cold drinks, ice creams etc are good for our body.

### 3. Fill up the blanks-

- (a) If we do not eat food, we cannot get \_\_\_\_\_ for doing works.
- (b) Always use \_\_\_\_\_ toilets.
- (c) Regular play and \_\_\_\_ make our body stronger.
- (d) Green vegetables, fruits etc protects our body from \_\_\_\_\_.

### 4. Choose the correct answer—

- (a) From which food items do we mainly get energy? Green vegetables/ guava/ rice
- (b) What makes our body strong? Sleeping/ sitting/ doing exercise
- (c) Which food item helps our body to grow? Hilikha/ aamla/ milk
- (d) Which food item protects our body from disease? Meat/ chappati/ banana flower

