

## The Food We Eat

Look at the picture and answer the following questions.



1. Guess what the children may be talking about.
2. What does 'A sound mind in a sound body' mean?

Now, your teacher will tell you about Dr. Aruna. Listen to him/her carefully and answer the following questions.

*(Note : Listening text is in Appendix-1)*

1. Did Dr. Aruna's children share their views on good food? Yes/ No? Why?
2. Did you ever have any school programme on 'Good health'? If so, name the programme.
3. Do you have any special programmes in your school? Speak about any one of the programmes you have attended.



## The Food We Eat

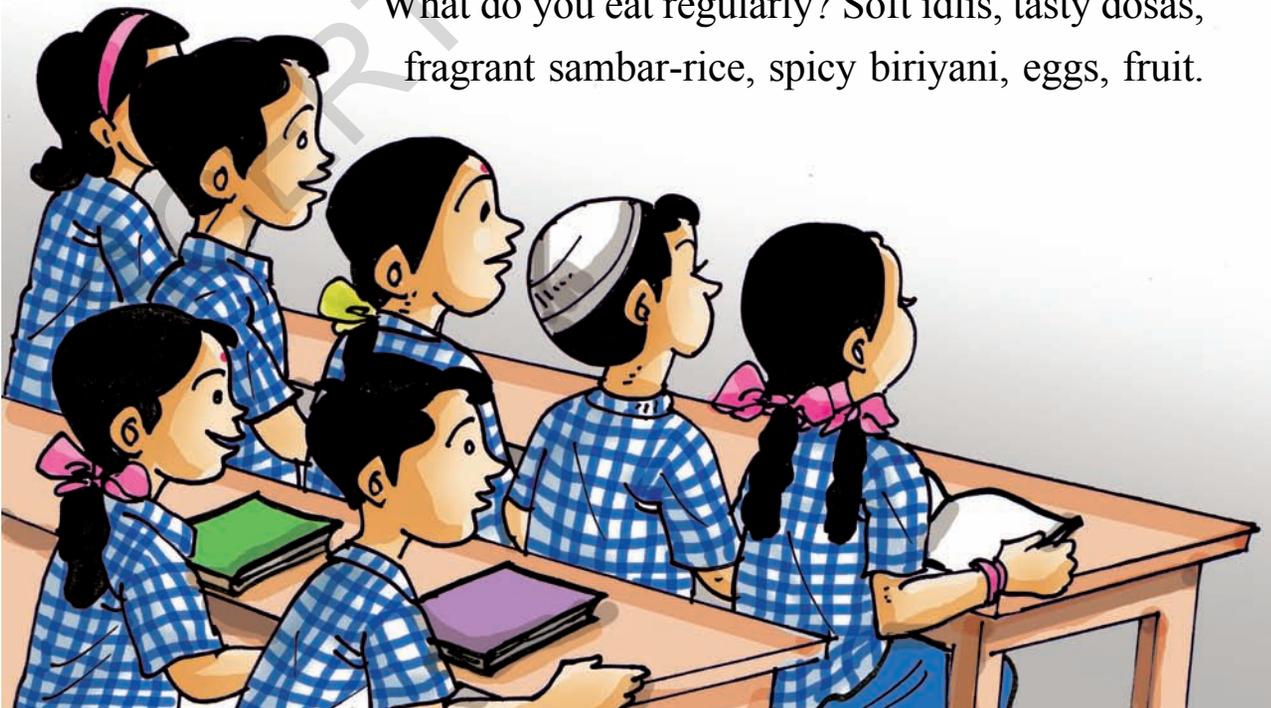
‘Food is vital for our survival. From the time that we are babies, we need good food to grow strong. Good food has many qualities. Can you tell me what they are?’ asked Dr. Aruna.

Some children answered, ‘It is natural.’ Others said, ‘It is nutritious.’

‘Good,’ said Dr. Aruna. ‘Balanced food is good because it gives your body all that it needs. Today, there are so many different kinds of food but all of them may not be healthy for us. Do we choose to eat food for its taste alone, or to help us be alert and energetic?’ she asked.

Dr. Aruna continued, ‘Good food is truly tasty because it has the flavour of the things that go into preparing it. In school, either we eat the hot and healthy food that is made for the noon meal or what we bring from home.’

‘What do you eat regularly? Soft idlis, tasty dosas, fragrant sambar-rice, spicy biriyani, eggs, fruit.’



How good they sound! They are both mouth-watering and healthy. But we don't always eat healthy food,' she said.

'Unhealthy food is sometimes called 'junk food,' continued Dr. Aruna, 'such food has lots of sugar, salt or additives and preservatives but very little that actually helps you to grow.' She gave them the names of a few common additives.

'What makes us feel the need to eat food that is unhealthy? One reason for this is hidden in the time that we watch television. How much time do you spend watching TV?' She asked. 'Three hours?' Many hands went up. 'What programmes do you watch?' She enquired. The children named a few. 'How often do you see advertisements in these programmes, and pester your mother to buy what you see there? Most chocolates, chips, soft drinks, cakes and biscuits may not be very healthy to eat. But the advertisements look very good.'



‘There are advertisements telling that you will become a ‘super hero’ if you have a particular drink. Some may show you your favourite film star or sports hero, who is very happy having a soft drink. Though we all know that soft drinks are bad for health, we feel like having them. Finally, I leave it to you to have the food of your choice whether healthy or junkfood. Which one do you prefer, a packet of old chips stored in a shop for a long time, in a colourful packet or the fresh chips that mother or granny makes?’ Dr. Aruna ended her speech. The children clapped loudly.



## Glossary

vital ( <i>adj</i> )	:	necessary
survival ( <i>n</i> )	:	the state of continuing to live or exist
nutritious ( <i>adj</i> )	:	containing many of the substances which help the body to grow
fragrant ( <i>adj</i> )	:	sweet smelling
mouth-watering ( <i>adj</i> )	:	tempting to eat
junk food ( <i>n. ph</i> )	:	unhealthy food
pester ( <i>v</i> )	:	trouble
additive ( <i>n</i> )	:	things added to improve or preserve a food item
preservative ( <i>n</i> )	:	something used to prevent food from going bad



## Comprehension

### I. Answer the following questions.

1. ‘Good food has many qualities.’ Can you say what they are? List them.
2. Why do you want to eat certain kinds of food, even when you know they are not good for you?
3. What is junk food? What did Dr. Aruna say about junk food?
4. Why did children clap loudly after listening to Dr. Aruna’s speech?
5. Would you stop eating junk food after reading this lesson? Why?

### II. Read the expressions and put a tick (✓) against the person who spoke.

Sl.No	Expressions	Children	Dr.Aruna
1.	‘Food is vital for our survival’		
2.	‘How much time do you spend watching television?’		
3.	‘It’s natural.’		
4.	‘Unhealthy food is sometimes called “junk” food.’		
5.	‘It’s nutritious.’		



## Vocabulary

### I. Look at various food items given in the box.

milk	cool drinks	pizza
samosa	ice cream	chips
fruits	raagi malt	chapati
cakes	sprouts	eggs
salads	noodles	millets

Pick out the items that come under junk food. Write them in the box and give reasons why it is junk.

Sl.No	Name of the junk food	Reasons



## II. Read the paragraph and complete it using the words from the box.

delicious                      junk                      flavour                      fragrance  
mouthwatering              fortunately              often                      interesting  
healthy

### A Day at Food Festival

I \_\_\_\_\_ watch advertisements on television. I saw an \_\_\_\_\_ advertisement about food festival in Hyderabad. So, last Sunday I visited it with my friends. There were various \_\_\_\_\_ food items in the stalls. The \_\_\_\_\_ of noodles, \_\_\_\_\_ of biryani tempted me, but remembering Dr. Aruna's words to avoid \_\_\_\_\_ food, I left the food stalls with a heavy heart and returned home. To my surprise, I found many \_\_\_\_\_ dishes on the dining table.

I enjoyed eating \_\_\_\_\_ food prepared by my mom and went to bed happily.



## III. Read the following about Mrs. TOO FAT, and replace the underlined words with suitable words from the box.

pain      calm,      scared,      excited,      tasty,      healthy

Mrs. TOO FAT was so happy /  when she got a call from her friend to attend a party. She went there and had a delicious /  dinner. After having dinner she returned home. On her way home she had a severe stomach ache /  and was afraid /  of it. Then she visited the doctor. He examined and advised her to avoid ice cream, chocolate and cakes. After listening to the doctor's words she became quiet / .

**IV. Play the game of stepping stones by writing the correct words in the blanks.**

x festival on Dec 25<sup>th</sup> X-mas  
 y not old  
 z a striped animal  
 The end

w moving air  
 v smaller than a town  
 u not lower  
 t runs on rails  
 s not teacher  
 r not unripe  
 q not king  
 p not push  
 o not yours  
 n not old  
 m magicians do this  
 l not dark  
 k dogs home  
 j makes us laugh  
 i snow house igloo  
 h not soft  
 g not bad  
 f not wise  
 e not west  
 d not liked  
 c not hot  
 b not small  
 a not dead alive  
 The start

## V. Read the following sentences.

1. Dr. Aruna came and began her talk.
2. How much time do you spend watching TV?

In the above sentences

**Dr** represents Doctor.

**TV** represents Television.

As you can see **Dr** and **TV** are short forms of Doctor and Television.

**Read the following short forms given in column A and match them with the full forms in column B.**

A		B
1. TC	( )	a) Mister
2. HM	( )	b) Leg Before Wicket
3. LBW	( )	c) Transfer Certificate
4. Mr.	( )	d) Serial Number
5. Sl.No	( )	e) Headmaster



## Grammar

### I. Read the following sentence.

‘Balanced food is good because it gives your body all that it needs.’

There are two sentences in it.

1. Balanced food is good.
2. It gives your body all that it needs.

Look, these two sentences are combined with the word connector **because**.

## Complete the following sentences.

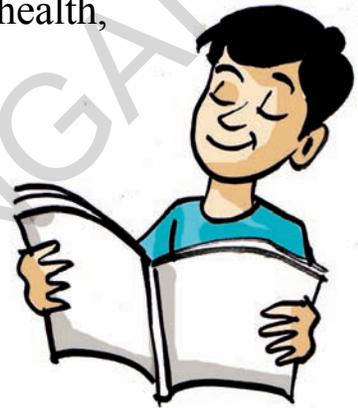
1. Eat homemade food because \_\_\_\_\_.
2. We cannot go out to play because \_\_\_\_\_.
3. Rohit cannot come to school today because \_\_\_\_\_.
4. Akhil \_\_\_\_\_ because he is late for school.
5. I am happy because \_\_\_\_\_.

## II. Now read the following sentence.

**Though** we all know that soft drinks are bad for health, we feel like having them.

In the above sentence '**though**' is used as a connector to combine these two sentences.

- a. We all know that soft drinks are bad for health.
- b. We feel like having them.



Here '**though**' is used to express 'inspite of'.

## Now complete/ combine the following sentences. The first one has been done for you.

1. Priya answered the questions well. She did not get good marks.

Though Priya answered the questions well, she did not get good marks.

2. Our team played well. We lost the match.

\_\_\_\_\_

3. Raja is rich. Raja is a miser.

\_\_\_\_\_

4. Ramya is hurt. She did not cry.

\_\_\_\_\_



## Writing

Look at the following advertisement given in the newspaper.

**DECCAN SOCIETY, HYDERABAD**  
invites you  
to participate in the competition of  
**Preparation of food items with millets**

**First Prize: Rs.10,000**  
**Second prize: Rs. 5,000**  
**Third prize: Rs.2,000**

Venue: The Public Garden,  
Nampally, Hyderabad.

Date: 25<sup>th</sup> November      Time: 10 a.m. to 3 p.m.  
Contact: 9XXXXXXXXX

Now answer the following questions.

1. Who is organizing the event?
2. What is the theme of the event?
3. Where will it be held?
4. When will it be held?



Your school wants to organize a mandal level quiz competition on the occasion of Children's Day. Prepare a poster that has the details such as the venue, date, conditions, time, prizes and registration.

Blank space for preparing a poster.

## Conventions of Writing

Use capital letters, full stop (.), comma (,), question mark (?), and inverted commas (“ ”) wherever necessary and rewrite the following sentences.

bhumi went to the garden she saw many flowers there there were red yellow blue and purple flowers. She thought can I pluck these flowers

---

---

---

---

## Enrich your English

Messages for different occasions.

**Birthday**

- Happy birthday to you, Many happy returns of the day, Have a wonderful day.

**When people are sick**

- Get well soon, Wishing you a speedy recovery.

**When people win**

- Congratulations, Keep it up, Excellent job, Way to go

**When people lose**

- Participation itself is an achievement, Failure doesn't matter, Better luck next time.

**When someone helps you**

- Thankyou, It was very kind of you,

**When you hurt someone**

- I am sorry, Kindly, forgive me

**When you ask for help**

- Please



## B. Reading

Recite the following poem.

### Junk Food- Junk Food – Go Away...

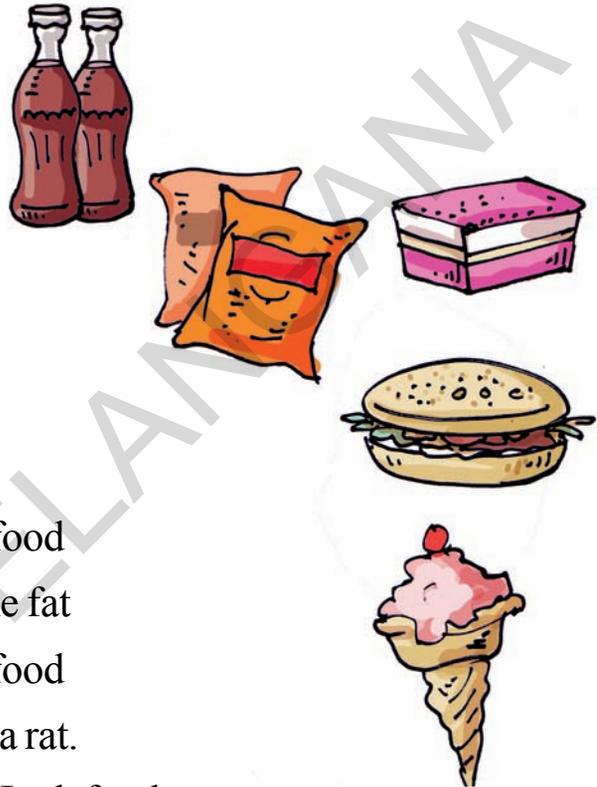
Junk food, Junk food  
Go away, Go away  
Junk food, Junk food  
Be never seen in my tray.

Junk food, Junk food  
You are so unhealthy  
Junk food, Junk food  
I wanna stay healthy.

Junk food, Junk food  
You will make me fat  
Junk food, Junk food  
I don't wanna be a rat.

Junk food, Junk food  
You will make me sick  
Junk food, Junk food  
You are not my pick

Junk food, Junk food  
You are not for me  
Junk food, Junk food  
I hate thee.....



-Vikas



## Glossary

- wanna (v) : want to  
thee (*pronoun*) : you



## Comprehension

Answer the following questions.

1. How old do you think the speaker is?
2. Pick out the lines that express the speaker's rejection of the junk food?
3. 'I don't wanna be a rat.' What does this sentence mean?
4. Do people always eat junk food out of their choice or do they have to eat it as there is no other choice?



## Writing

Group Work.

- Work in groups.
- Share your ideas about junk food with your friends in your group.
- Add lines to the poem, 'Junk Food- Junk Food- Go Away.'
- Write the lines on a chart and display it.
- Present your version before the whole class.





## Project Work

Work in groups and think of the points in favour of and against the following and write them on a chart.



**‘Homemade food is better than junk food.’**

Now one member from each group will make presentation before the entire class.

**How well did I understand this unit?**

**Read and tick (✓) in the appropriate box.**

*	Indicators	Yes	Somewhat	No
1.	I listened to and understood the listening text.			
2.	I read and understood the text;			
	a) The Food We Eat			
3.	I talked about junkfood.			
4.	I understood and did the exercises on using;			
	a) ‘because’ as connector			
	b) ‘though’ as connector			
5.	I understood and recited the poem, ‘Junk Food-Junk Food-Go away’ .			
6.	I was able to write;			
	a) an advertisement.			
	b) a conversation			