

Food Components

Learning Indicators:

Observation and recording; discussions; questioning and analysis

Learning Objectives:

- To help children learn about the food we eat and the nutrients in our food
- To help children appreciate the diversity in our food
- To help children make better food choices

Level: Classes 4, 5

Subject: Environmental Studies



EAT SPARINGLY



EAT MODERATELY



EAT LIBERALLY



CONSUME ADEQUATELY

Health, Food and Environment are closely related. All living beings have to eat. We eat food to keep our bodies healthy and strong, so that we can go about doing our day to day work.

The sources of food can be as follows:

- Plants (cereals like wheat, maize, rice, *bajra*, etc; fruits like mangoes, apples, bananas, etc; vegetables like potatoes, onions, spinach, etc; pulses like *moong*, *arhar*, *urad*, etc.)
- Animals (dairy products like milk, curd, cheese, etc.; meat, fish and eggs).

A wide variety of foods is available to us. In fact, our food can vary from region to region. For example, people living in coastal areas might eat a lot of sea food (fish, prawns, etc).

Let us now find out what we eat...

Activity 1: What we eat?

List the food items you eat regularly and what they taste like. Share this information with your friends in class to know what they eat.

S. No.	Name of the food item	What time of the day?	Taste of the food*	Do you like the taste? (Yes or No)
1.	Example: <i>Gajar Halwa</i>	Evening snacks	Sweet	Yes
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

*Taste: sweet, bitter, salty, sour, spicy, bland



Have you heard any one telling you at home that growing children should be eating healthy food for good growth? This is rightly told.

There are different types of food which help us in our daily functioning. People of different age and occupation need different kinds of food. For example, a football player needs food which is rich in energy.

Come, let us now explore different types of foods...

Water is also important for our health as it helps our bodies to absorb food and throw out the waste.

Activity 2: Types of food and their sources

We have many kinds of food. Try and match the types of food with their sources:

S. No.	Types of Foods	Food Sources
1.	Energy giving foods - Help us get energy and fuel to do our work	Milk, cheese, curd, <i>paneer</i> , meat, pulses, fish, egg
2.	Body building foods - Help the body in growth and repair	Wheat, rice, pulses, sugar, butter, oil, <i>ghee</i>
3.	Protective foods - Help our body in being strong for fighting diseases and healthy functioning	Fresh fruits, green leafy vegetables, meat, egg
4.	Dietary fibres or roughage - Helps our body in getting rid of the undigested food	Cereals rich in fibres, fruits, vegetables



We derive nutrients from the foods which carry out these functions. These nutrients are Carbohydrates and Fats (energy-giving foods), Proteins (body building foods), and Vitamins and Minerals (protective foods).

If your food contains these nutrients in adequate amounts, you are eating a balanced diet. Nowadays, we eat a lot of packaged and processed foods such as chips, chocolates, etc which are not good for our bodies. Packaged foods (also called ultra processed packaged foods) have very high contents of salt, sugar and fats. They cause many health problems such as hypertension, obesity, etc in children as well as adults.

Activity 3: A balanced diet

Do you want to find out if you are eating a balanced diet?

List the food you had yesterday from morning till evening. Discuss in class whether the food that you ate contained the necessary nutrients or not.

	Name the food item	Key ingredients	Energy giving food	Body building foods	Protective foods	Dietary fibres or roughage	Water
Breakfast	For example, milk, banana, <i>Khichdi</i>	Milk, banana, <i>Khichdi</i> - rice, <i>dal</i> , water, etc.					
Snacks							
Lunch							
Snacks							
Dinner							
Other food							

A balanced diet contains all the nutrients in right amounts for our growth and development. Discuss with your teacher or parents how you can make your diet balanced, if you are missing out on it!

If you are already eating a balanced diet, then Bravo!