

Chapter 3: Food

Explore Green World System (Environmental Studies)

What is Food?

Food is anything that living beings eat to get energy and nutrients. Without food, we cannot grow, play, or even stay healthy. Food gives us the strength to do our daily activities and helps our body to stay strong.

Types of Food

There are many types of food, but we mainly get food from plants and animals.

- **Plant foods:** Fruits, vegetables, grains like rice and wheat, and nuts are examples. They are full of vitamins and fiber.
- **Animal foods:** Milk, eggs, meat, and fish come from animals and provide protein and minerals.

Did you know? One of the oldest farmers grew wheat more than 10,000 years ago! Farming helped people find more food easily.

Why Do We Need Food?

Food gives us energy to move, work, and think. It helps our body grow and repair itself. Different foods contain different nutrients such as:

1. **Carbohydrates** - Gives us energy quickly (e.g., bread, rice).
 2. **Proteins** - Helps us grow and build muscles (e.g., lentils, fish).
 3. **Vitamins and Minerals** - Keep us healthy and fight sickness (e.g., fruits, vegetables).
 4. **Fats** - Give us long-lasting energy and protect our organs (e.g., nuts, oils).
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How Food is Produced

Food comes from two main sources:

- **Farming (Agriculture):** Farmers grow crops like wheat, rice, vegetables, and fruits on fields. They also raise animals like cows and chickens.
- **Fishing and Hunting:** Some foods come from fish in rivers, seas, or wild animals.

Example:

The rice you eat usually grows in wet fields called paddy fields. Farmers plant the tiny rice seeds in waterlogged soil and take care until they become tall plants.

How to Eat Healthy?

Eating different kinds of foods in the right amounts keeps us healthy and full of energy. Here are some tips:

- Eat plenty of fruits and vegetables every day.
- Include grains like rice, wheat, or bread in your meals.
- Eat nuts, milk, and animal products in moderation.
- Drink clean water and avoid too many sweets or oily foods.

Remember: *“Food is our friend, but eating too much junk food can harm the body.”*

Exercises

1. Name three foods that come from plants.
2. Why do we need food every day?
3. List two nutrients found in food that help our body grow.
4. Draw a picture of your favorite meal and write what healthy foods it contains.

