

Our Food

Food is the fuel that gives us energy to do all the things we love — like playing, learning, and growing. It helps our bodies stay strong and healthy. In this chapter, we will explore what food is, where it comes from, and why it is important for all living things.

What is Food?

Food is anything that living things eat to get energy and nutrients. It can be plants, animals, or things made from them. For example:

Fruits like apples and bananas, vegetables like carrots and spinach, bread made from wheat, milk from cows, and fish from the river are all food.

Where Does Our Food Come From?

Most food comes from plants and animals. Farmers grow crops like wheat, rice, and vegetables. They also take care of animals like cows, chickens, and goats, which give us milk, eggs, and meat.

Here's how food is made:

- Plants use sunlight, water, and air to grow. Fruits and vegetables come from these plants.
- Animals eat plants or other animals to grow. We get eggs, milk, meat, and fish from them.
- Some foods come from the sea, like fish and seaweed.

Why is Food Important?

Food gives us:

1. **Energy:** To run, jump, and play.
2. **Nutrition:** Vitamins and minerals that keep our body strong and healthy.
3. **Growth:** Helps us grow taller and develop well.

A Balanced Diet

Eating a mix of different foods is good for us. This is called a **balanced diet**. It includes:

- Fruits and vegetables
- Grains like rice and wheat
- Proteins from milk, eggs, meat, or beans
- Fats and oils in small amounts

This helps our body get everything it needs to be healthy.

Let's Think and Do!

Exercise 1: Make a list of all the foods you ate yesterday. Which ones are from plants? Which ones come from animals?

Exercise 2: Draw a picture showing the journey of food from a plant or an animal to your plate.

Remember: Eating healthy food is important for a happy, active life!

