

Chapter - 12

Food and Fun

Anything that people eat can be called food. But it makes more sense to talk of it as being only those products people enjoy eating. We get our food from plants and animals.

Why Do We Need Food?

Our body is continuously working. We need energy to do work. Food gives us energy. Good food means good health. Right kind of food improves the health of a person. The main uses of food are:

- ☉ It gives us energy to work.
- ☉ It makes us strong.
- ☉ It builds our body.
- ☉ It makes us grow.
- ☉ It repairs the body parts.
- ☉ It helps to fight against the diseases and we enjoy good health.

Exercise

1. What is food?



A boy eating the food



2. What does food give us?

3. Give main uses of food?

Types of Food

All food falls into three types. They are:

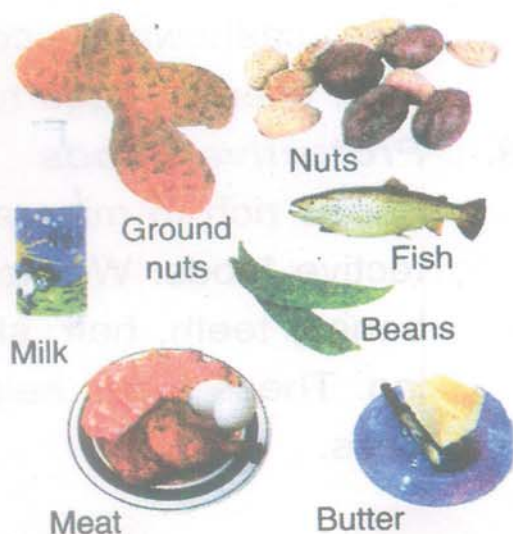
1. Body-building foods – Proteins.
2. Energy-giving foods – Carbohydrates and Fats
3. Protective foods – Minerals and Vitamins.

1. Body-Building Foods

Proteins are body-building foods. These foods make us grow tall and strong. Babies and young children need more protein than adults. Milk, milk products, pulses (dals), beans, peas, nuts, soyabean,

meat,
fish
and

eggs are rich sources of proteins.



Foods rich in proteins



Foods rich in carbohydrates



Foods rich in fats

2. Energy-giving Foods

Carbohydrates and fats give us the energy.

Sugar and starch are rich in carbohydrates. These foods give



us strength and energy to work, run, play, study, etc. Sugar is present in all fruits, honey, beet root and sugarcane. Starch is present in rice, wheat, potato, sweet potato, tapioca and yam.

Fats give us more energy than carbohydrates. If fats are not used up in the body, it increase the body weight which is not good for health.

All oily foods have fat in them. Oil seeds like ground-nuts, cashewnuts, coconuts, vegetable ghee, butter, milk, cheese, eggs have fat in them.

3. **Protective Foods**

Foods rich in minerals and vitamins are called protective foods. We need these foods to grow healthy bones, teeth, hair, skin and for our general well-being. These foods help the body to fight against sickness.



MILK IS COMPLETE FOOD

Milk is considered superior to other foods. It is the best and complete food. It contains proteins, minerals, fats and vitamins. So it is also called a perfect food. It is a food meant for young and old, for the sick and healthy. Babies live mostly on milk for sometime.



Exercise:

1. Name three types of food?
2. What are energy giving foods?
3. What are body-building foods?

Fresh vegetables and fruits give us minerals and vitamins. Vegetables are richer in minerals like iron and calcium than fruits. It is important to eat green leafy vegetables like spinach, cabbage, drumstick leaves etc.

Papayas are rich in vitamin A, necessary for good eyesight. Oranges are rich in vitamin C which helps to build your resistance.

Water

Our body needs a lot of water. Water is necessary for digestion of food and circulation of blood. It throws out the waste material from our body and keeps us fit.



A girl drinking water

Raw Food

We eat fruits and some vegetables without cooking.

We eat ripe fruits such as mangoes, apples, bananas, etc. without cooking. We also eat salad of raw vegetables



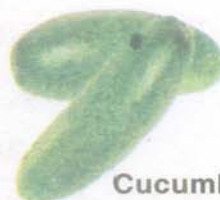
Cabbage



Radish



Beet root



Cucumber



Carrot



Tomato

These foods are eaten raw



such as carrot, radish, tomato, cucumber, beet root, cabbage, etc.

Exercise

Q1. Why is milk called a perfect food?

Q2. Why milk is superior to all other foods?

Q3. Why our body needs a lot of water?

Q4. Name three vegetables which are eaten raw.

Raw vegetables contain many vitamins. The raw foods should always be fresh and clean. Always wash the fruits and vegetables in clean water before cutting or eating. Cut the fruits and vegetables and eat immediately. Re-

member to cover all cut fruits. If kept uncovered, they may be attacked by flies and germs. Rotten food substances must be thrown away.



Cooked Food

Cooked food is soft and easy to digest. It is tasty too. Here are some common methods of cooking.



1. **Boiling:** Rice, dal, fish-curry, vegetables, etc. are prepared by boiling them in water.

2. **Steaming:** Some food items like idly, dhokla, etc. are cooked in steam.

3. **Roasting:** Some food items, such



as chapatti (roti), nan, peanuts, etc. are cooked by roasting on a hot pan or on burning coal.

4. **Frying:** Some food items, such as puri, samosa, batata vada, pakora, wafers, etc., are fried in oil or ghee.
5. **Baking:** Bread, cakes, biscuits, etc. are baked in an oven.

Cooking helps to kill the disease germs that are present in the raw food and avoids many diseases.

Exercise:

1. What are the different methods of cooking food?
2. What rules should we follow while cooking food?

Follows these Rules:

- * Do not overcook or cook at high temperature.
- * Do not cook with too much of water. Vitamins are lost by these types of cooking.

Think and Answer

I. Name the following:

1. Three major groups of food.

(i) _____ (ii) _____ (iii) _____

2. Three body-building foods.

(i) _____ (ii) _____ (iii) _____



3. Three energy-giving foods.

(i) _____ (ii) _____ (iii) _____

4. Three protective foods.

(i) _____ (ii) _____ (iii) _____

II. Fill in the blanks. Choose the right word from the box.

Proteins	tasty	protective	digestive
carbohydrates	complete	wheat	rice
vitamin A	minerals	vitamins	

1. _____ gives us energy.

2. _____ and _____
come under energy-giving food.



3. Body-building foods are known as _____.

4. Minerals and vitamins are _____ foods.

5. Milk is a _____ food.

6. Papayas are rich in _____
necessary for good eye sight.



7. Vegetables and fruits contain
_____ and _____
which protect us from diseases.



8. Cooking makes the food easily

_____ and _____.

III. Match the following:

- | | |
|--------------------------|---------------------|
| 1. Butter | (a) Protective food |
| 2. Rice | (b) Eaten Raw |
| 3. Milk | (c) Fat |
| 4. Soyabean | (d) Carbohydrate |
| 5. Green leafy vegetable | (e) Protein |
| 6. Salad | (f) Complete food |

IV. Given below are the names of some food items. Group them into energy-giving food, body-building food and protective food.

Orange, potato, moong dal, rice, milk, fish, sugar, amla, palak (spinach)

V. Draw three food items which can be eaten raw?.

VI. Put a tick (✓) mark on the statement which is most appropriate in the following:

- Energy for our work and play is obtained mainly from:

(a) Pulses	(b) Cereals
(c) Vegetables	(d) Fruits
- Pulses are the good sources of:

(a) Carbohydrates	(b) Proteins
(c) Fats	(d) Vitamins



3. The best source of protein is:

- | | |
|-----------|------------|
| (a) Fish | (b) Bean |
| (c) Apple | (d) Butter |

Do and Learn

1. Visit your market. Note down the names of common vegetables and fruits. Arrange them as body-building food, energy-giving food and protective food.
2. Make a list of food items which can be cooked and which can be eaten raw.
3. Visit a dairy farm and find out how milk is collected, cleaned, packed and supplied to various parts of the city.

