



# The Food we Eat

0123CH07



### Note to the teacher

- Encourage the children to share their food with each other whenever possible.
- Discuss the concept of 'sharing' in the context of mid-day meal.
- Encourage the children to express gratitude and respect for food and for the people who provide it.
- Discuss with children the type of food they eat. Let them say what other things they eat at home.
- Talk to the children about the diversity of culture and food in our country.



### Sight words

from | for | them | their | they | has  
she | have

### New words

have | thank you | share | lunch |  
sick | fruits | today | sent | smiling

### Answer the questions

1. Where do you sit when you have lunch at school?
2. How do you share your food with your friends?
3. When you were hungry, did anyone share food with you?





**A. Think of words for the pictures and read aloud**


We eat  and  which farmers grow.

Some farmers keep .

We get honey from .

Some  keep .

We get milk from cows.  
We make curds and butter from the milk.

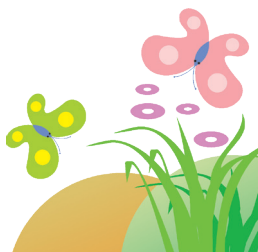
We should say 'thank you' to .

**Note to the teacher**

- Help children realise that farmers work hard to give us many kinds of things to eat.
- Reinforce that we should not waste food.



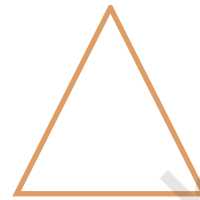
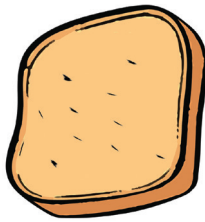
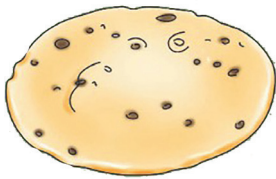
- Name the food items you see in the picture.
- Which is your favourite sweet?
- Who cooks food at home?
- Do you pick up your plate after a meal?





Let us do

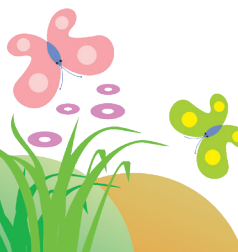
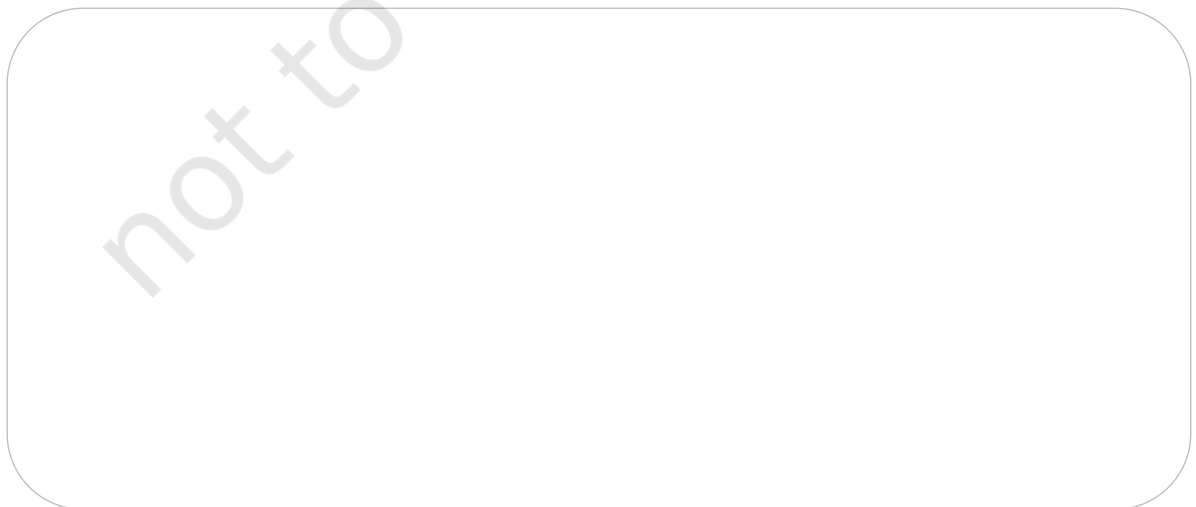
**B. Match the food item to its shape**



Let us draw

1. Say the names of the special dishes you eat at home.

Draw and colour them. See what others have drawn.





## Fun with Words

**A. Listen to the following words that your teacher will read out. Notice that they have only one syllable.**

Say the word and clap once.

man

food

cat

hut

eat

mat

go

come

sit

**B. Now say these words.**

These words have two syllables. Say each word aloud and clap for every syllable of the word.

farmer

far

mer

carrot

car

rot

market

mar

ket

brinjal

brin

jal

mango

man

go

breakfast

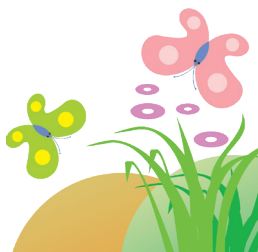
break

fast

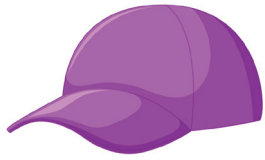
dinner

din

ner



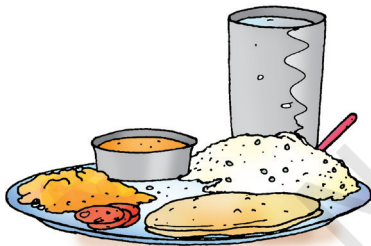
2. Match the following images to the sentences.



This cow is brown.



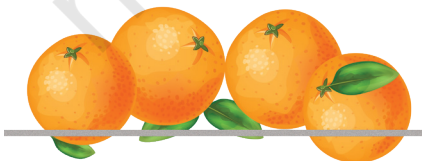
These are four oranges.



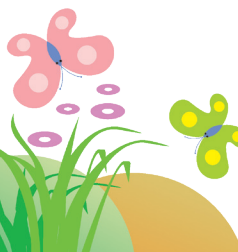
This is a purple cap.



This is my lunch.



This is a green jeep.





## Riddles

1. I am a fruit. My name is my colour.  
**Who am I?**

Answer: \_\_\_\_\_

2. I am hard and brown on the outside.  
Soft and white inside.  
**Who am I?**

Answer: \_\_\_\_\_

3. I am a vegetable. I am pink in colour.  
I may also be white in colour.  
If you cut me, I make you cry.  
**Who am I?**

Answer: \_\_\_\_\_

4. I am a fruit. I come in green or purple.  
I come in a bunch.  
**Who am I?**

Answer: \_\_\_\_\_

Answers on page 118

