

UNIT 1

Our Delicious Food

Learning Objectives

The learners

- ♣ Realise the importance of food
- ♣ List various food items
- ♣ Know the journey of rice



Importance of Food

Rhyme time



Food food food!
It keeps me good
Grains and vegetables
Fruits and nuts
Fish and eggs
Milk and meat
I need them, I eat them
To grow and become strong
I need them, I eat them
To work and play
I need them, need them, need them all



We eat a variety of food items every day. Some of them are shown below. Let us talk about it.



Guava



Carrot



Groundnuts

Idly, Vada



Dosa



Meal

All of us need food to live. Food gives us energy to work and play.

