

Unit
1

Food and Health



You will learn about



- ❖ Sources of food
- ❖ Differences between Healthy Food and Junk Food



Nila: "Grandpa! How beautiful this place is!
Are these paddy fields?"

Grandpa: "Yes, we get rice from paddy plants".

Nila: "Does all our food come from plants, Grandpa?"

Grandpa: "Yes, plants are our major source of food.
We get some food from animals also".



Plants Give Us...



Cereals and Pulses

We get cereals and pulses from plants. Rice and wheat are cereals. Millets are also a type of cereal. Cereals and pulses (lentils) make up the major part of our food and they keep us healthy.