



LITTERA PUBLIC SCHOOL

SCIENCE

CHAPTER 5

CLASS II

FOOD WE EAT

- Food keeps us healthy and strong.
- We get energy from the food.
- It helps us to fight the disease.

Food groups

1. Energy – giving food

They give us energy to work and play.

Energy-Giving Foods



RICE



POTATOES



SWEETS



SUGAR

2. Body building food

They help us to grow and make our body strong. They built our bones and muscles.



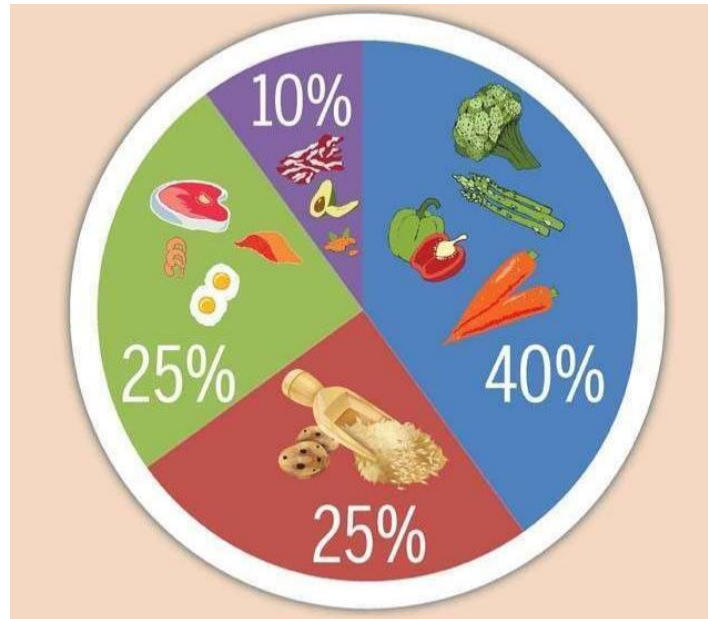
3. Protective food

They keep us fit and healthy



Balanced diet

- It contains food from all the groups in right amount.
- It keeps us fit, active and healthy.



Raw and Cooked food

- Some foods can be eaten raw or without being cooked.
Like – mango, grapes, banana, cucumber, carrots etc.
- Some food items are cooked.
Like – chapati, meat, eggs, most vegetables etc.