



LITTERA PUBLIC SCHOOL

Class 1

Chapter- 7

Science

- We cannot live without food.
- Food gives us energy to work and play.
- It helps us to grow .
- It keeps us healthy and strong.
- The food that we eat at one time is called a meal.
- We take three main meals in a day.



We eat our breakfast in the morning.



We eat lunch in the afternoon



We eat dinner at night.

- We get food from plants and animals

Food from plants

We get most of our food from plants.



Fruits



Vegetables

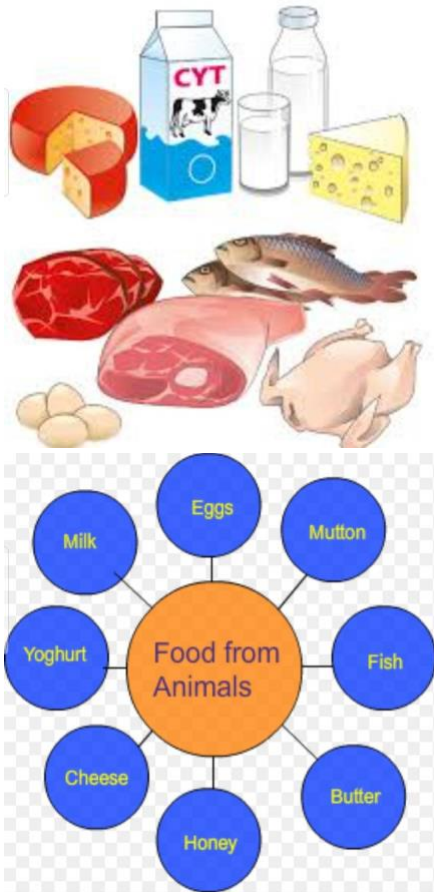


Cereals



Pulses

Food from animals.



Good eating habits

- We should wash our hands before and after eating.
- We should not eat too much of junk food like burger, pizza, chocolate, and drinks.
- We should not eat uncovered food.
- Fruits and vegetables should be washed properly before eating.
- We should chew our food properly.

*Thank
you*

