



Unit 1

Food



Learning Objectives

After learning this lesson, students will be able to

- ❖ classify different nutrients in food
- ❖ describe balanced diet
- ❖ distinguish between various meals in a day
- ❖ understand the different food habits based on the places and age groups
- ❖ identify traditional food and explain the advantages of a home garden



Warm-up

Observe the picture and answer the questions given below.



- a. The food items which should be avoided are indicated by ----- colour.
- b. The food items which are healthy are indicated by ----- colour.
- c. The food items which can be eaten in small quantities are indicated by ----- colour.