

21.6.21

Ch-5

# Food

① Energy-giving food

Eg:- Wheat, Potato, rice, maize

② Body-building food

Eg:- Pulses (dal, Pea, gram), eggs, milk, fish, nuts

③ Protective food

Example  
fruits and green vegetables

## Balanced Diet food

1. Morning breakfast
2. Lunch
3. Evening snacks
4. Dinner

A diet is what we eat on a daily basis and also include lots of water in our daily diet.

\* We should eat all kinds of food in a balanced manner. This is known as a balanced diet

① Energy-giving food :- Food that gives us energy to do work.

② Body-building food :- Food that helps our body to grow.

③ Protective food :- Food that protects us from various diseases.