



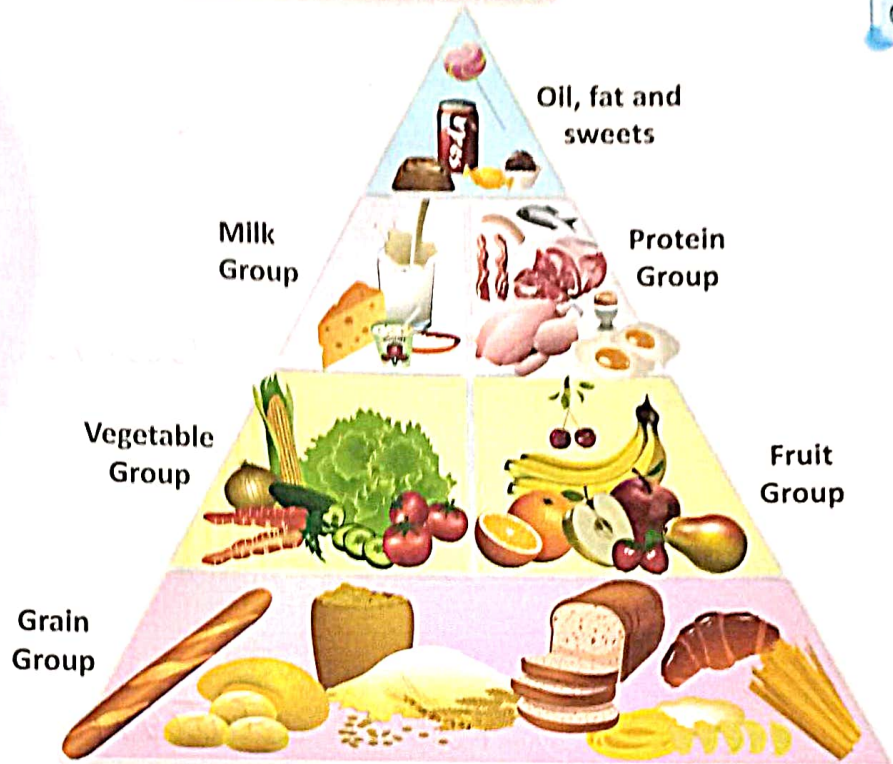
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Food Groups

Hi Friends! Welcome back. I believe you remember that I am your friend Mr. Owly, the wise owl. Food gives us important nutrients to stay fit and healthy and grow up. A food pyramid tells us about all the food groups. It helps us make healthy food choices.



Eating a variety of food is very important for our body as it gives different nutrients. A food pyramid shows us different food groups. Taking food from each group helps us make healthy food choices.



A FOOD PYRAMID

Classify the given food items under correct food groups.



Grapes



Meat



Apple



Chapati



Cabbage



Rice



Carrot



Curd



Egg



Cheese

Grain Group	Fruit Group	Vegetable Group	Milk Group	Protein Group
Rice	Grapes	Cabbage	Cheese	Egg
Chapati	Apple	Carrot	Curd	Meat



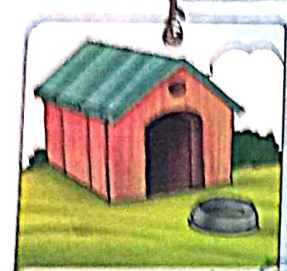


Animals and Their Homes



Friends! We make houses for us to live in. We also make homes of animals that we keep. Wild animals make their own home or live in naturally made homes such as a cave or shed.

Match the names of the animal homes to the animals living in them.



1. Kennel



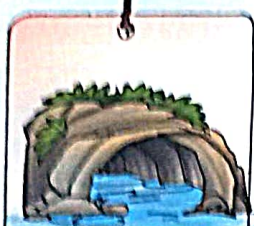
2. Shed



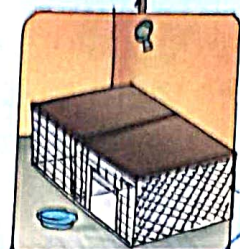
3. Stable



4. Cave



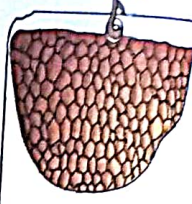
5. Den



6. Coop



7. Web



8. Hive



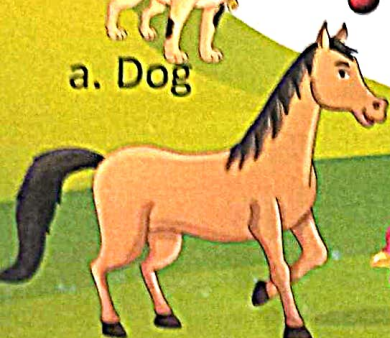
a. Dog



b. Bee



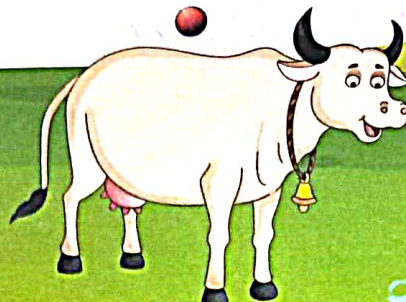
h. Spider



c. Horse



d. Hen



e. Cow



f. Lion



g. Bear



4 Uses of Plants

Friends! We get most of our food from plants. Apart from food, plants also give us many important things such as perfumes, medicines and cloth.



Look at these plants. Write their names in the correct columns.



Cotton

1. FOOD

Rice
Wheat



Flax



Jasmine

2. MEDICINE

Cinchona
Aloe vera



Aloe vera



Rice

3. CLOTH

Cotton
Flax



Wheat



Cinchona

4. PERFUME

Jasmine
Rose



Rose



PI STOP

(Unit 1 and Unit 2)

- Name any two food items that contain a lot of oil and fat.
- This is the place where we go to complain about a theft.
- Unscramble the names of the homes of these animals.
 - Bird (nset)
 - Monkey (teer)
 - Sheep (pne)