

Daddy : What are the different kinds of greens in the shop?

Surya : There are different kinds of greens such as murungai keerai, mulai keerai, arai keerai, manathakali keerai and mint.

Shall we write down the names of the greens?



Surya wanted to have an ice cream.

Surya : Dad! Please, get me an ice cream.

Daddy : No son, you should not eat ice cream.

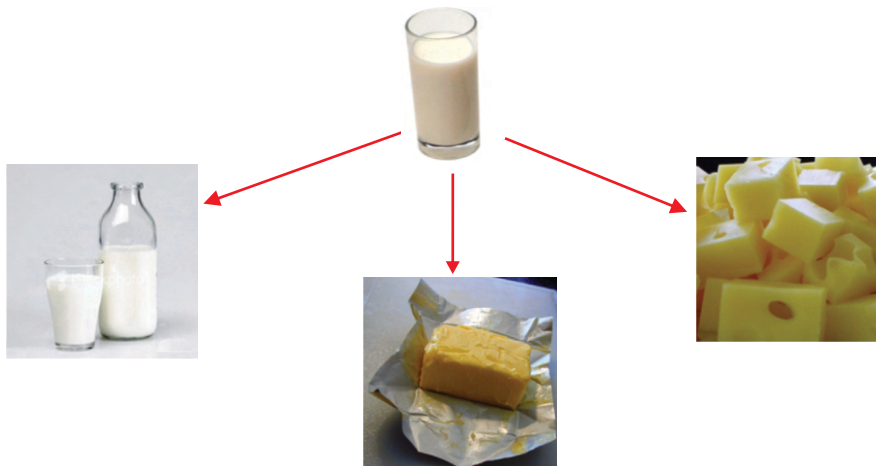
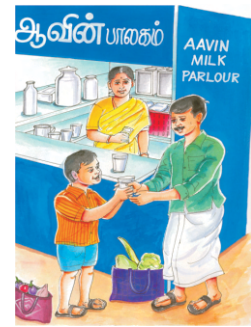
Surya : Why daddy? What will happen if we eat it?

Daddy : Eating ice cream is not good for health and teeth. If you want I will buy a cup of milk for you. Shall I ?

Surya : Ok. Daddy. (Both are drinking milk)

Surya : Is milk kova prepared from milk, Dad?

Daddy : Yes Surya. Sweets like milk kova and milk peda are prepared from milk.



What are the different products that we get from milk?

Discuss and write.

Surya : Dad! why should we have all these in our food?

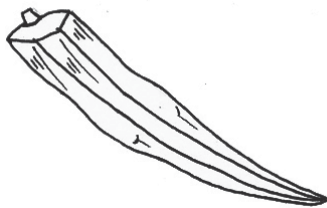
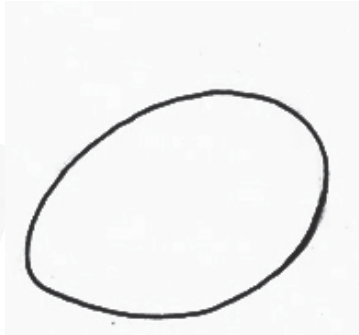
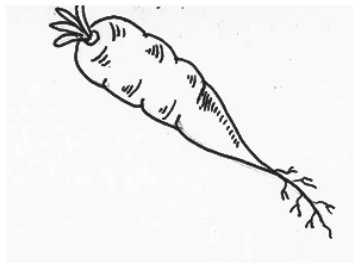
Daddy : We should have all these in our food to lead a healthy life.
The food that we eat give us energy, growth and protection.

To be healthy, we should definitely take vegetables, fruits,
greens, cereals and pulses in our food.
They give us energy and protection.

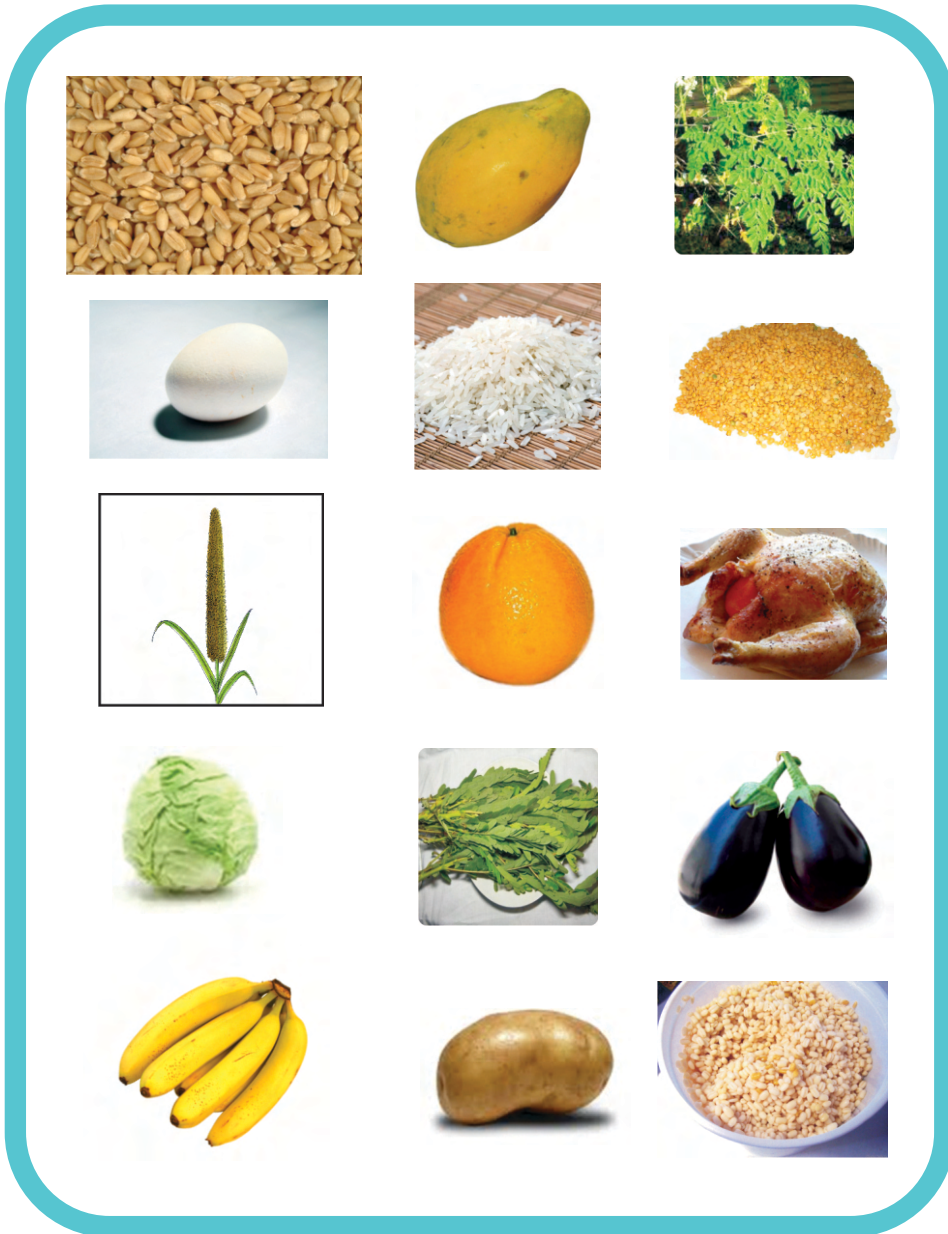
Write the different types of food that you like.

Write the different types of food that your friends and family members like.

● Shall we colour the food items !



Classify:



Cereals	Pulses	Vegetables	Greens	Fruits	Meat

What food can be prepared from the following things?

Rice			
Wheat			
Milk			Curd
Black Gram	Vadai		
Toor Dhal			
Bengal Gram			Adai

Find out

H	W	H	E	A	T	G
I	G	P	C	P	R	R
L	R	E	L	P	I	O
K	A	P	O	L	C	U
M	P	P	V	E	E	N
I	E	E	E	N	M	D
N	A	R	A	E	E	N
T	F	I	S	H	A	U
M	A	N	G	O	T	T

Cereals : _____

Fruits : _____

Spices : _____

Flesh : _____