

LESSON : 3

MONTH : JUNE

FOOD FOR HEALTH :

I. Dictation words:

1. energy - giving food.
2. body - building food.
3. Protective food.
4. breakfast.
5. lunch.
6. dinner.
7. junk food.
8. meal.
9. Vegetables.
10. Pulses.

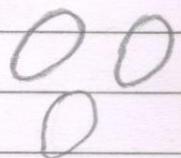
II. Match the following:

- | | | | |
|--------------|---|------------------------|-----|
| 1. Pizza | - | night. | (4) |
| 2. breakfast | - | junk food. | (1) |
| 3. milk | - | morning. | (2) |
| 4. dinner | - | strong bones and teeth | (3) |

III. Give two examples:

1. Energy - giving food - wheat, rice.
2. Body - building food - Pulses, eggs.
3. Protective food - fruits, Vegetables.

IV. Draw two examples for Body-Building food:



Eggs



Milk

V. Answer the following questions:

1. Name three types of food.

Ans: Three types of food that we eat are

- * Energy-giving food.
- * Body-building food.
- * protective food.

2. What is a meal?

Ans: The food that we eat at a fixed time of the day is called a meal.

3. why water is important for our body?

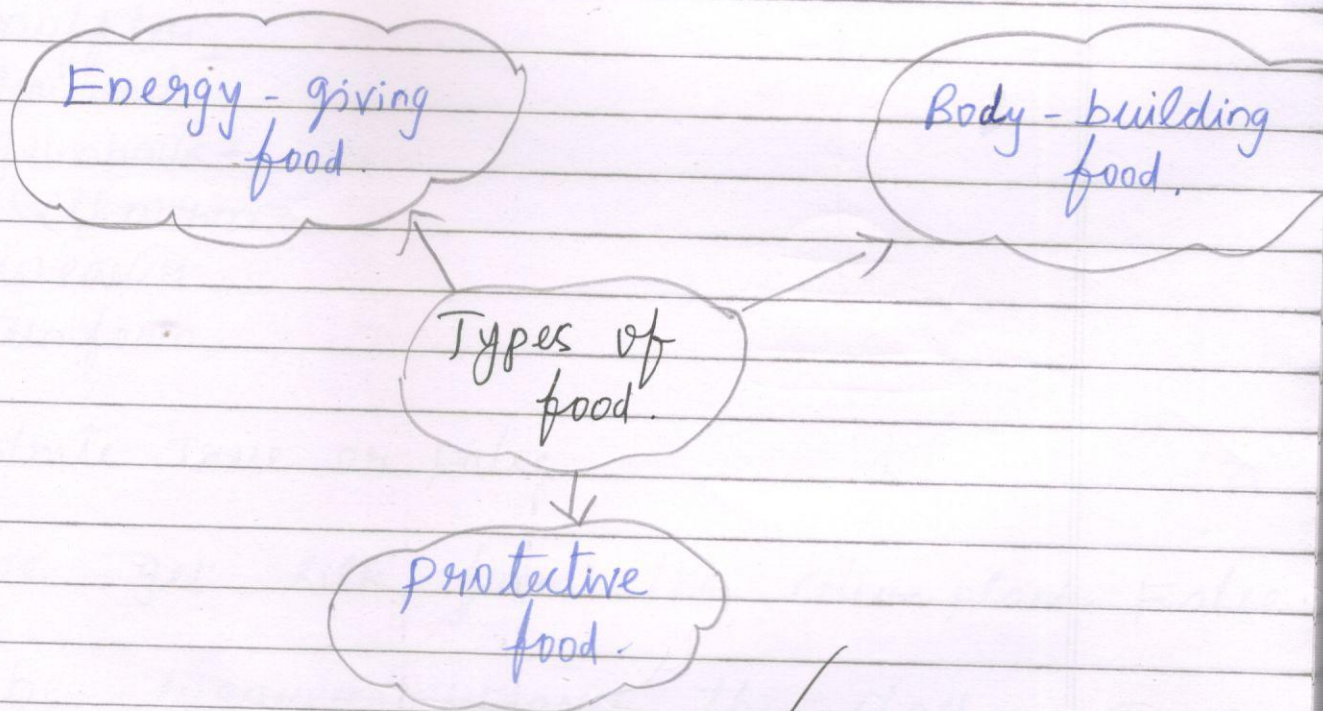
Ans: Water helps us to digest the food and remove waste from the body.

VI. Give reason:

1. Junk food is an unhealthy food. why?

Ans: Junk food is an unhealthy food because it has too much fat in it.

VII. Mind map:



M. Amathy
21/4/26

LESSON: 4

MONTH: JUNE

THE CLOTHES WE WEAR:

I. Dictation words:

1. Summer.
2. winter.
3. monsoon.
4. sweater.
5. muffler.
6. raincoat.
7. gumboots.
8. silkworm.
9. weaver.
10. uniform.

II. Write True or False:

1. We get silk from the cotton plant. False.
2. The weaver weaves the clothes. True.

III. Who am I?

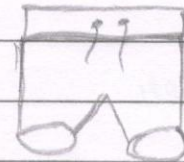
1. I am made of plastic or rubber. People wear me during rain to stay dry. Raincoat.
2. I am a special type of cloth worn by people at their workplace. Uniform.

IV. Draw any two types of clothes for each season (Summer, winter, monsoon)

1. Summer.



T-Shirt

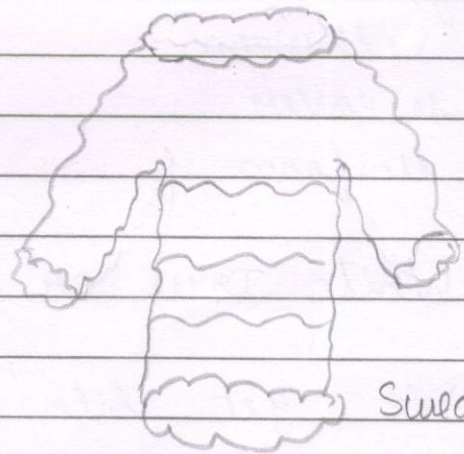


Trouser

2. Winter

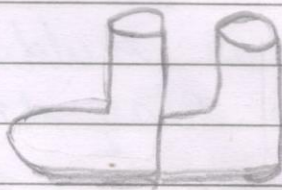


Muffler



Sweater

3. Monsoon.



Gum boots



Rain coat

V Unscramble the letters:

1. FLREMFU - Muffler.
2. NLEWOLO - Woollen.
3. RTODCO - Doctor.

VI Answer the following:

1. Write any two things that we wear or use to protect ourselves from rain.

Ans: In monsoon, we wear a raincoat or carry an umbrella to protect ourselves from rain.

2. Name two animals from which we get wool.

Ans: We get wool from sheep and goat.

VII Mind map:

