Unit 2 : Our Needs

Lesson 8

FOOD WE EAT

Milk   Eggs   Pulses   Fish

These foods help us to grow.

Chapati

Rice   Bread   Butter   Sugar   Ghee

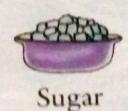These foods give us energy.

We eat three meals in a day.

* Breakfast in the morning
* Lunch in the afternoon
* Dinner at night

All these foods are very tasty, but they are not good for our health. These foods are called junk food.