

# Don Bosco School Of Excellence, Egmore

## LS:5. FOOD FOR US

### I. POINTS TO REMEMBER

- Food gives us energy and helps us to fight against diseases.
- Food contains different useful substances called nutrients and the process of obtaining and utilizing food for various needs of the body is called nutrition.
- Food can be classified into i) energy giving food ii) body building food and iii) protective food.
- Eating the correct amount of different kinds of food in order to get proper nutrition for the body is called balanced diet.
- Changing food into substances that the body needs is called digestion.
- Cooking helps to make the food free of germs, easy to digest, soft and tasty.
- The different methods of cooking are boiling, frying, baking, steaming and roasting.
- We should avoid junk food which contain fats, salt and sugar to lead a healthy life.

### II. DICTATION WORDS

1. Nutrition
2. Nutrients
3. Balanced diet
4. Digest
5. Boiling
6. Steaming
7. Roasting
8. Frying
9. Baking
10. Germs
11. Junk food
12. Energy
13. Cereals
14. Bitter gourd
15. Healthy

### III. ANSWER THE FOLLOWING

#### 1. List the reason why we need to eat food

Ans.

- Food gives us energy to do work.
- Food helps us to grow and repair old and worn out tissues.

#### 2. What are the three different types of food?

ANS.

- Energy giving food
- Body building food
- Protective food.

#### 3. Why do we cook food?

ANS.

We cook food to make it free of germs, easy to digest, soft and tasty.

#### 4. Name any two methods of cooking with two examples of food items each.

ANS.

Boiling – E.g. Rice, Eggs

Baking – E.g. Cakes, Bread






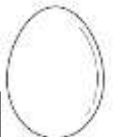
#### 5. Define and give examples of junk food.

ANS.

Some food items are not healthy as they contain large amounts of fat, salt and sugar. They are called as junk food.

E.g. Pizza, chips

### IV. DRAW AS DIRECTED

 RICE	 WHEAT	 APPLE	 CARROT	 CHICKEN	 EGG
ENERGY GIVING FOOD		PROTECTIVE FOOD		BODY BUILDING FOOD	



# Don Bosco School Of Excellence,

## Egmore

### LS:6. WEAVE AND WEAR

#### I. POINTS TO REMEMBER

- There are two types of clothes- stitched and unstitched.
- The sari is an unstitched Indian dress, worn in different ways by women in different parts of our country.
- The dhoti and veshti are unstitched clothes worn by men.
- Weaving is done on a special machine called loom.
- A cloth is made by weaving two set of threads or yarn crossed over each other.
- There are two types of dyes- natural and artificial.
- Designs in cloth can be woven patterns, embroidery, printing or painting.

#### II. DICTATION WORDS

1. Stitched
2. Trousers
3. Salwar kameez
4. Turban
5. Cotton
6. Weaving
7. Spinning
8. Knitting
9. Dyeing
10. Embroidery

#### III. ANSWER THE FOLLOWING

1. List four factors that determine the choice of clothes we wear.

Ans.

Factors that determines the choice of clothes we wear are - the place we live, the weather, taste and comfort.

2. What kind of clothes do we generally wear today ?

ANS.

Today we wear stitched clothes such as trousers, shirts, T-shirts, dresses, skirts, blouses and salwar kameez.

3. Give the names of two kinds of unstitched dresses?

ANS.

1. Turban
2. Shawl

4. How were the colours or dyes for textiles made in olden days?

ANS.

Earlier, most of the dyes were made from different parts of plants - leaves, flowers, tree bark and roots.

5. From where do weavers get ideas for their designs?

ANS.

Weavers get ideas for their designs from nature - flower shapes, insects, birds and seeds.