

Chapter  
11

OUR FOOD



We need food to stay alive. We take breakfast in the morning. In the breakfast, we eat paratha with egg and drink milk.

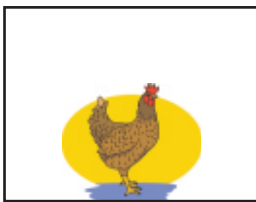
We take our lunch in the afternoon after coming back from our school. We like vegetables and meat in lunch. We eat rice and pulses in dinner. We often take fruit after taking meal.

Our mother makes delicious foods of different kinds. She advises us to take food slowly by chewing it properly. She also advises for taking meal by sitting and not to talk while eating. We should wash hands before and after taking meal. Before starting meal, we should say بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ . After finishing meal, we should say اَلْحَمْدُ لِلّٰهِ .

## Activity-1

Answer the following questions:

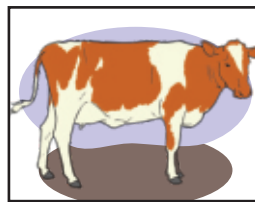
1. Why do we wash our hands before and after taking meal?
2. Which animal's meat do you like?



hen



goat



cow



fish

## Activity-2

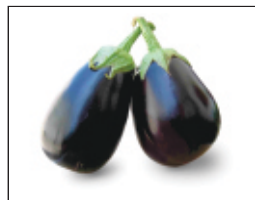
Tick (✓) your favourite vegetables.



Potato



Cauliflower



Brinjal



Carrot



Spinach



Pea



Bittergourd



Turnip

### Activity-3

Tick (✓) your favourite fruit.



Mango



Pomegranate



Apple



Melon



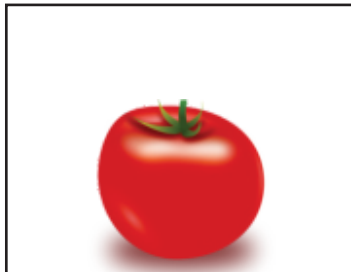
Grapes



Banana



Guava



Tomato



Dates

#### Instructions for teachers and parents

Tell the students about the importance of food.