

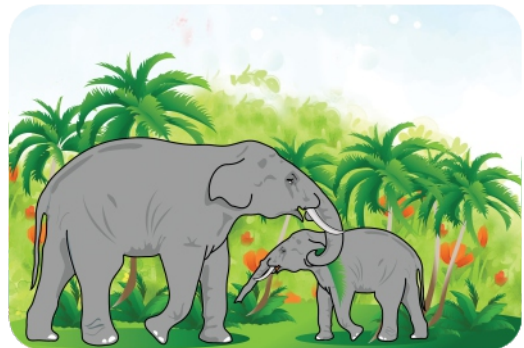


# Food and Nutrition

Animals need food for their energy and growth. All animals do not eat similar food. Some animals eat only grass and plants, some eat meat while some animals eat both plants and meat.

## Herbivores

The animals which eat grass, plants and their fruits are called herbivores. For example, deer, cow, rabbit, elephant, etc. are herbivores. Herbivores have broad and blunt teeth. They can easily chew the food with these teeth.



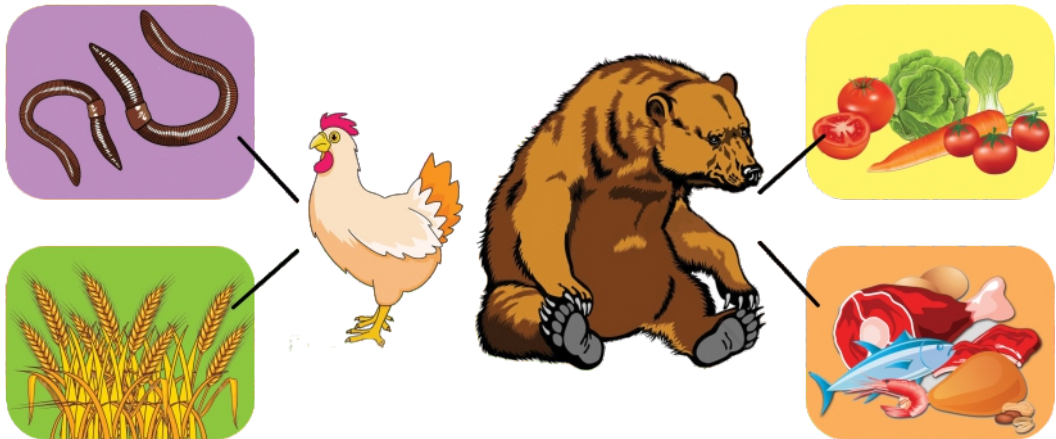
## Carnivores

The animals which eat only meat are called carnivores. Carnivores depend on the meat of other animals. They have long, sharp and pointed teeth. For example, lion, tiger, hyena, wolf etc.



## Omnivores

The animals which feed both on meat and plants or their fruits are called omnivores. For example, bear, crow, dog, hen, etc.



Humans also eat vegetables and meat.

Interesting Information

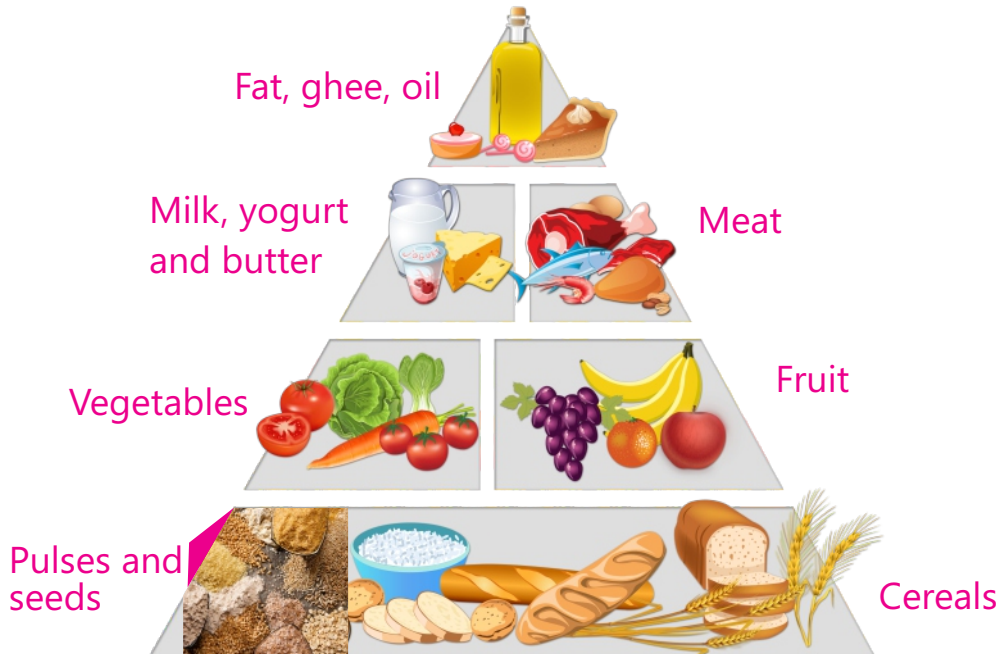
- Omnivores and carnivores have teeth of different structures.
- Carnivores have long and pointed teeth.
- Herbivores have small and flat teeth.



## Good Health and Balanced Diet

Hygienic environment, suitable balanced diet, regular exercise and proper sleep ensure good health.

### What eatables should we have?



For good health, we use vegetables, pulses, fruit, grains, meat, butter and milk, etc. All these things together keep our body healthy. Food that has proper quantities of vegetables, meat, butter, milk, etc. is called a balanced diet.

### Important instructions

1. Before eating food recite **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** and after eating the food say **أَلْحَمْدُ لِلَّهِ**.
2. Wash your hands with soap.
3. Take your food in time.
4. Eat food calmly and chew it well and slowly.
5. Do not overeat.
6. Do not undertake hardwork or exercise soon after taking food.
7. It is essential for health to sleep for six to eight hours. It keeps us healthy, energetic, alert and gives us mental peace.
8. To keep mind and body healthy, daily exercise is very essential. Every Muslim offers prayers five times a day. Five times ablution removes all sort of pollution.

## EXERCISES

### 1. Give short answers.

- (i) Write the name of few herbivores.
- (ii) Write down the names of five carnivores.
- (iii) What is meant by balanced diet?
- (iv) Describe different kinds of animals on the basis of food they take.
- (v) What is the importance of exercise in life? Explain.
- (vi) How does the structure of teeth help animals in chewing food?
- (vii) Why is proper sleep essential for good health?

### 2. Fill in the blanks with the help of following words:

Carnivores, omnivores, herbivores

- (i) \_\_\_\_\_ eat fruit and vegetables.
- (ii) \_\_\_\_\_ eat the meat of other animals.
- (iii) \_\_\_\_\_ eat both plants and meat.