

# UNIT 5

## The Food We Eat

Look at the picture and answer the following questions.



1. Guess what the children may be talking about?
2. What does 'A sound mind in a sound body' mean?

**Now your teacher will tell you about Dr. Aruna. Listen to him/her carefully and answer the following questions.**

1. Do Dr. Aruna's children share her views on good food? Yes/ No? Give one reason.
2. Do you ever have any school programme on 'Good health'? If so, name the programme.
3. Do you have any special programmes in your school? Speak about any one of the programmes you have attended.



## A. Reading

# The Food We Eat

‘Food is vital for our survival. From the time that we are babies, we need food, and we need good food to grow strong. Good food has many qualities. Can you tell me what they are?’ asked Dr. Aruna.

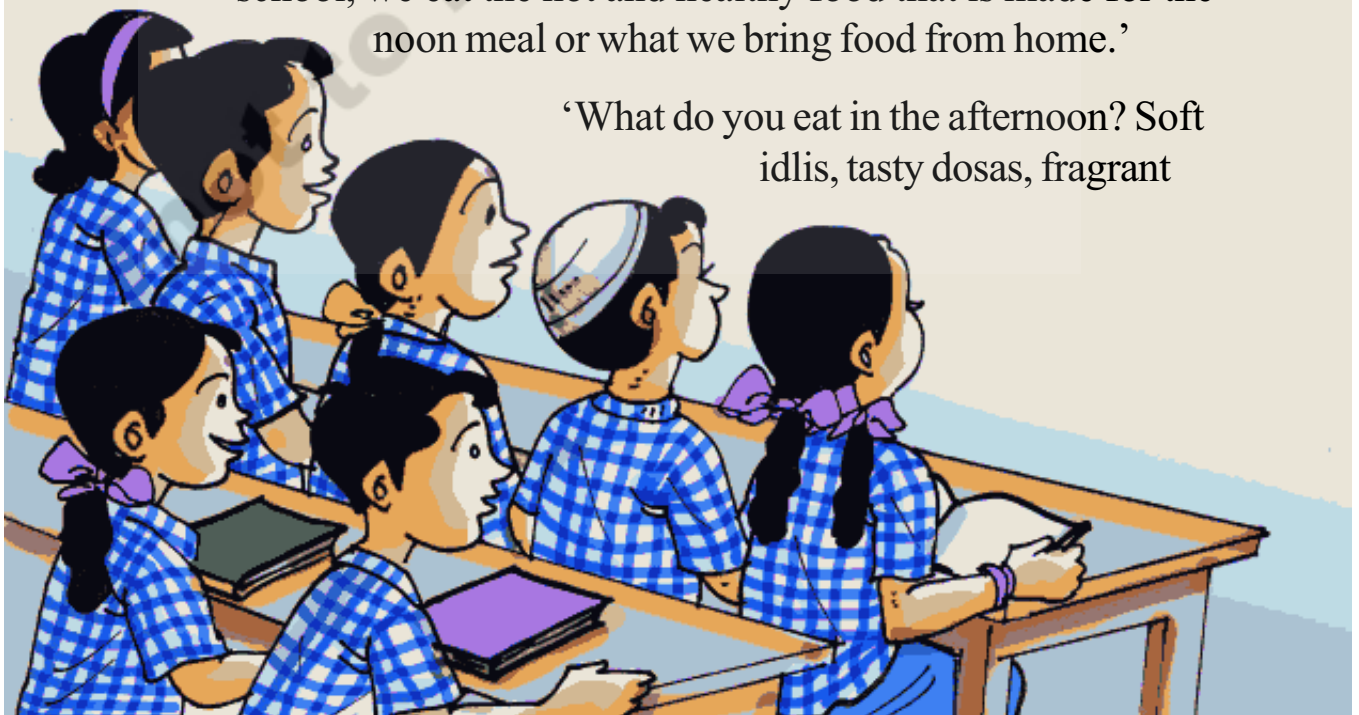
Some children answered, ‘It is natural.’ Other said, ‘It is nutritious.’

‘Good,’ said Dr. Aruna. ‘Good food is well-balanced to give your body all that it needs. Today, when there are so many different kinds of food to eat, it is also important to remember that all of them may not be healthy for us. Do we choose to eat food for its taste alone, or do we choose to eat food that helps us to be alert and have energy?’

Dr. Aruna continues, ‘Good food is truly tasty’ because it has the flavour of the things that go into preparing it. What do you like to eat? Can you say whether some of the things that you like to eat are healthy or unhealthy?’

‘We buy most of the things we eat from the market or ration shop. In school, we eat the hot and healthy food that is made for the noon meal or what we bring food from home.’

‘What do you eat in the afternoon? Soft idlis, tasty dosas, fragrant



sambar-rice, spicy biriyani, eggs, fruit. How good they sound! They are both mouth-watering and healthy. But we don't always eat healthy food,' she said.

'Unhealthy food is sometimes called 'junk' food,' continued Dr. Aruna, 'Doctors say that such food has lots of sugar, salt or additives and preservatives but very little that actually helps you to grow.' She gave them the names of a few common additives.

'What makes us feel the need to eat food that is unhealthy? One reason for this is hidden in the time that we watch television. How much time do you spend watching TV?' She asked. 'Three hours?' Many hands went up. 'What programmes do you watch?' She enquired. The children named a few. 'How often do you see advertisements in these programmes?' She asked. They did not know. She then told them a scary fact.

'What do you see in the advertisements for food? How often do you watch television, and pester your mother to buy what you see there? Most chocolates, chips, soft drinks, cakes and biscuits may not be very healthy to eat. But the advertisements look very good.'



‘There are advertisements that tell you that you will become a ‘super hero’ if you have a particular drink. Some may show you your favourite film star or sports hero, who is very happy having a soft drink. Though we all know that soft drinks are bad for health, we feel like having them. What would you like to do?’ asked Dr. Aruna and ended her speech. The children clapped loudly.

Before she left, she gave them some suggestions:

‘Find out what goes into the food you eat. Ask where the food you eat comes from. Think and reflect upon why you want to eat certain kinds of food, even when you know they are not good for you. Why does a packet of old chips stored in a shop for a long time, in a colourful packet seem better than the fresh chips that mother or granny makes?’

All children were silent. They were thinking, how many times they laughed at their friends for being ‘old fashioned’ in their food habits.



## Glossary

vital ( <i>adj</i> )	:	necessary
survival ( <i>n</i> )	:	the state of continuing to live or exist
nutritious ( <i>adj</i> )	:	containing many of the substances which help the body to grow
fragrant ( <i>adj</i> )	:	sweet smelling
mouth watering ( <i>adj</i> )	:	tempting to eat
junk food ( <i>n. ph</i> )	:	unhealthy food
scary ( <i>adj</i> )	:	frightening
pester ( <i>v</i> )	:	trouble
additive ( <i>n</i> )	:	things added to improve or preserve a food item
preservative ( <i>n</i> )	:	something used to prevent food from going bad



## Comprehension

### I. Answer the following questions.

1. 'Good food has many qualities.' Can you say what they are? List them.
2. Why do you want to eat certain kinds of food, even when you know they are not good for you?
3. What is junk food? What does Dr. Aruna say about junk food?
4. Why did children become silent after listening to Dr. Aruna's speech?
5. Would you stop eating junk food after reading this lesson? If no, why?

### II. Read the expressions and put a tick (✓) against the person who spoke.

Sl.No	Expressions	Children	Dr.Aruna
1.	'Food is vital for our survival'		
2.	'How much time do you spend watching television?'		
3.	'It's natural.'		
4.	'Unhealthy food is sometimes called "junk" food.'		
5.	'It's nutritious.'		

### III. Work in groups and think of the points in favour of and against the following and write them on a chart.

#### 'Homemade food is better than junk food.'

Now one member from each group will make presentation before the entire class.








## Vocabulary

I. Look at various food items given in the box.

milk	cool drinks	pizza
samosa	ice cream	chips
fruits	raagi malt	chapati
cakes	sprouts	eggs
salads	noodles	millet

Pick out the items that come under junk food. Write them in the box and give reasons why it is junk.

Sl.No	Name of the junk food	Reasons



## II. Read the paragraph and complete it using the words from the box.

delicious                  junk                  flavour                  fragrance  
mouthwatering          fortunately          often                  interesting

### A DAY AT FOOD FESTIVAL

I \_\_\_\_\_ watch advertisements on television. \_\_\_\_\_ I saw an \_\_\_\_\_ advertisement about food festival in Hyderabad. So, last Sunday I visited it with my friends. There were various \_\_\_\_\_ food items in the stalls. The \_\_\_\_\_ of noodles, \_\_\_\_\_ biryani tempted me, but remembering Dr. Aruna's words to avoid \_\_\_\_\_ food, I left the food stalls with a heavy heart and returned home. To my surprise, I found many \_\_\_\_\_ dishes on the dining table.

I enjoyed eating \_\_\_\_\_ food prepared by my mom and went to bed happily.



## III. Read the sentences about Mrs. TOO FAT, and replace the underlined words with suitable words from the box.

pain                  calm,                  scared,                  excited,                  tasty,

Mrs. TOO FAT was so happy /  when she got a call from her friend to attend the party. She went there and had a delicious /  dinner. After having dinner she returned home. On way home she had a severe stomach ache /  and was afraid /  of it. Then she visited the doctor. He examined and advised her to avoid ice cream, chocolate and cakes. After listening to the doctor's words she became quiet / .

**IV. Read the following words given under A and find their opposites from the talk and write them under B. One is done for you.**

A	B
healthy	unhealthy
weak	
general	
bad	
dislike	
rare	
softly	
artificial	
forget	

**Now make sentences using the pair of words under A and B. The first one is done for you.**

**Example:** healthy X unhealthy

Fruits are healthy to eat, but junk food is unhealthy to eat.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



## V. Read the following sentences.

1. Dr. Aruna came and began her talk.
2. How much time do you spend watching TV?

In the above sentences

**Dr** represents Doctor.

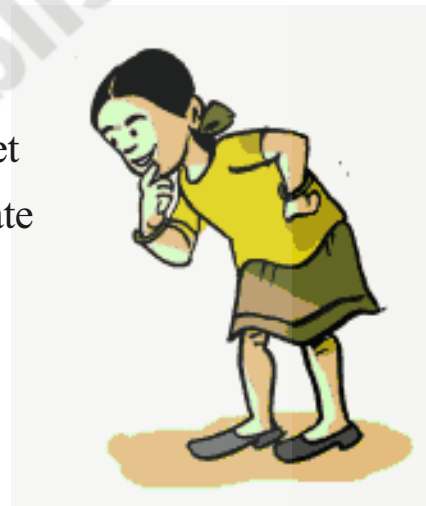
**TV** represents Television.

As you can see **Dr** and **TV** are short forms of Doctor and Television.

These short forms are called **abbreviations**.

**Read the following abbreviations given in column A and match them with the full forms in column B.**

A		B
1. TC	( )	a) mister
2. HM	( )	b) leg before wicket
3. lbw	( )	c) transfer certificate
4. Mr.	( )	d) serial number
5. Sl.No	( )	e) headmaster



## Grammar

### I. Read the following sentence.

‘Good food is truly tasty because it has the flavour of the things that go into preparing it.’

There are two sentences in it.

1. Good food is truly tasty.
2. It has the flavour of the things that go into preparing it.

Look, these two sentences are combined with the word connector **because**.

## Complete the following sentences.

1. Eat homemade food because \_\_\_\_\_.
2. We cannot go out to play because \_\_\_\_\_.
3. Rohit cannot come to school today \_\_\_\_\_.
4. Akhil \_\_\_\_\_ because he is late for school.
5. I am happy because \_\_\_\_\_.

## II. Now read the following sentence.

**Though** we all know that soft drinks are bad for health, we feel like having them.

In the above sentence '**though**' is used as a connector to combine these two sentences.

- a. We all know that soft drinks are bad for health.
- b. We feel like having them.



Here '**though**' is used to express 'in spite of'.

## Now complete/ combine the following sentences. The first one has been done for you.

1. Though Priya answered the questions, \_\_\_\_\_.  
Though Priya answered the questions well, she did not get good marks.
2. Though Ravi woke up early, \_\_\_\_\_.
3. Though Ramya is hurt, \_\_\_\_\_.
4. Our team played well. We lost the match.  
\_\_\_\_\_
5. Raja is rich. Raja is miser. \_\_\_\_\_



## Writing

Look at the following advertisement given in the newspaper.

**DECCAN SOCIETY, HYDERABAD**  
invites you  
**to participate in the competition**  
**Preparation of food items from**  
**milletts**

**First Prize:Rs.10,000**  
**Second prize: Rs. 5,000**  
**Third prize: Rs.2,000**

Venue: The Public Garden,  
Nampalli, Hyderabad.

Date: 25<sup>th</sup> November Time: 10 a.m. to 3 p.m.  
Contact: **9642303303**

Now answer the following questions.

1. Who is organizing the event?
2. What is the theme of the event?
3. Where and when will it be held?



Your school wants to organize a mandal level quiz competition on the occasion of Children's Day. Prepare an advertisement with complete details such as the venue, date, conditions, time, prizes and registration.

Blank area for writing the advertisement.



## B. Reading

Recite the following poem.

### Junk Food- Junk Food – Go Away...

Junk food, Junk food  
Go away, Go away  
Junk food, Junk food  
Be never seen in my tray.

Junk food, Junk food  
You are so unhealthy  
Junk food, Junk food  
I wanna stay healthy.

Junk food, Junk food  
You will make me fat  
Junk food, Junk food  
I don't wanna be a rat.

Junk food, Junk food  
You will make me sick  
Junk food, Junk food  
You are not my pick

Junk food, Junk food  
You are not for me  
Junk food, Junk food  
I hate thee.....



*-Vikas*



## Glossary

- wanna (v) : want to  
thee (*pronoun*) : you



## Comprehension

Answer the following questions.

1. How old do you think the speaker is?
2. Pick out the lines that express the speaker's rejection of the junk food?
3. 'I don't wanna be a rat.' What does this sentence mean?
4. Do people always eat junk food out of their choice or do they have to eat it as there is no other choice?



## Writing

Group Work.

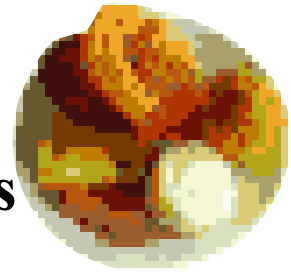
- Work in groups.
- Share your ideas about junk food with your friends in your group.'
- Add lines to the poem, 'Junk Food- Junk Food- Go Away.'
- Write the lines on a chart and display it.
- Present your version to the whole class.





## C. Reading

# The Colourful Sweets



Once King Krishna Deva Raya ordered that the kingdom of Vijayanagar would have a food festival. The city was cleaned up. Lights were put up on buildings and street poles. Flowers adorned the palace and house gates. Throughout the capital, people were in a festive mood.

King Krishna Deva Raya announced, 'To celebrate the food festival, the sweet shops must sell colourful sweets. They should be attractive to look at and good to eat.'

After the announcement, the sweet shop owners also got busy in making colourful sweets.

For some days, Tenali Rama Krishna was not seen in the royal court. The king sent guards to search for him and bring him to the court, but they could not find him. They went to the court and reported this to the king. The King grew worried and asked the guards to search more carefully. After some days, the guards found Tenali Rama Krishna. They went and informed the king.





‘Your Majesty, we have found Tenali Rama Krishna. He has opened a shop of colour dyes and spends the whole day dyeing people’s clothes. When we asked him to accompany us, he refused to come with us.’

At this the king got very angry. He said to the guards, ‘I order you to bring Tenali Rama Krishna here as soon as possible. If he does not come with you, bring him forcefully.’



So the guards obeyed the king’s order and fetched Tenali Rama Krishna forcefully.

Thus he was brought to the royal court. The king enquired, ‘Tenali Rama Krishna, why did you refuse to come and see me? And what has made you open this colour dye shop? You have a good position in the royal court which takes care of all your needs.’



Tenali Rama Krishna said, ‘Your Majesty, I wanted to dye my clothes for the food festival. I wanted to complete the dyeing quickly before all the dyes were used up.’

‘Why do you think that all the colour dyes would be used up? Is everyone dyeing their clothes?’

‘No, your Majesty. Actually, after your orders for preparing colourful sweets, the sweet shop owners are busy buying the colour dyes for dyeing sweets.’

If they buy all the dyes, how can I dye my clothes? So I decided to set up a shop, so that I would have all the dyes I need.'

At this the king realized his mistake. He said, 'So you are trying to tell me that using my orders as an excuse, the sweet shop owners are using cheap, harmful dyes in their sweets. They know that they must use the permitted food colours only. I hereby take back the orders for colourful sweets. Those sweets shop owners who have used harmful chemical dyes in sweets will be severely punished.'

Thus once again Tenali Rama Krishna saved the lives of people of Vijayanagar through an intelligent plan.



## Glossary

- adorned (*v*) : made more attractive  
festive (*adj*) : of a festival  
majesty (*n*) : a title given to a king  
dye (*n*) : a substance used to colour  
intelligent (*adj*): having a high level of intelligence/ brilliant



## Comprehension

**Answer the following questions.**

1. Why were the people of Vijayanagar in a festive mood?
2. What were the arrangements made in the kingdom to celebrate the occasion?





3. When all the sweet shop owners were busy making colourful sweets, what was Tenali Rama Krishna doing?
4. Why did Tenali Rama Krishna decide to set up a shop for dyeing clothes?
5. 'The king realized...' what did the king realize and what decision did he take?



## Writing

**Read the story again. There is a conversation between King Krishna Deva Raya and Tenali Rama Krishna. Complete the conversation and role-play it.**

**Krishna Deva Raya** : Rama Krishna, why did you refuse to come and see me?

**Tenali Rama Krishna** : Your Majesty, \_\_\_\_\_

**Krishna Deva Raya** : \_\_\_\_\_

**Tenali Rama Krishna** : \_\_\_\_\_

**Krishna Deva Raya** : \_\_\_\_\_

**Tenali Rama**

**Krishna:** \_\_\_\_\_

**Krishna Deva Raya:** Good, Rama Krishna, you saved the lives of the people of Vijayanagar.





## Project Work

Dr. Aruna said, ‘Junk food has a lot of sugar, salt, or additives and preservatives.’

Consult an encyclopaedia/book/article on healthy food and make a list of things/processes that make a food ‘junk’.

Present your version to the whole class and discuss it with your friends.



### How well did I understand this unit?

Read and tick (✓) in the appropriate box.

*	Indicators	Yes	Somewhat	No
1.	I listened to and understood the listening text.			
2.	I read and understood the texts;			
	a) The Fodd We Eat			
	b) The Colourful Sweets			
3.	I talked about junkfood.			
4.	I understood and did the exercises in using			
	a) ‘because’ as connector			
	b) ‘though’ as connector			
5.	I understood and recited the poem, ‘Junk Food-Junk Food-Go away’ .			
6.	I was able to write;			
	a) an advertisement.			
	b) a conversation			