Chapter 2

The Food we Eat

0123CH07

Let us read

© NCERT not to be republished

Note to the teacher

- Encourage the children to share their food with each other whenever possible.
- Discuss the concept of 'sharing' in the context of mid–day meal.
- Encourage the children to express gratitude and respect for food and for the people who provide it.
- Discuss with children the type of food they eat. Let them say what other things they eat at home.
- Talk to the children about the diversity of culture and food in our country.

Sight words

from | for | them | their | they | has
she | have

New words

have | thank you | share | lunch |
sick | fruits | today | smiling

Answer the questions

1. Where do you sit when you have lunch at school?
2. How do you share your food with your friends?
3. When you were hungry, did anyone share food with you?

© NCERT not to be republished

Let us read

A. Think of words for the pictures and read aloud

We eat and which farmers grow.

Some farmers keep .

We get honey from .

Some keep .

We get milk from cows.
We make curds and butter from the milk.

We should say ‘thank you’ to .

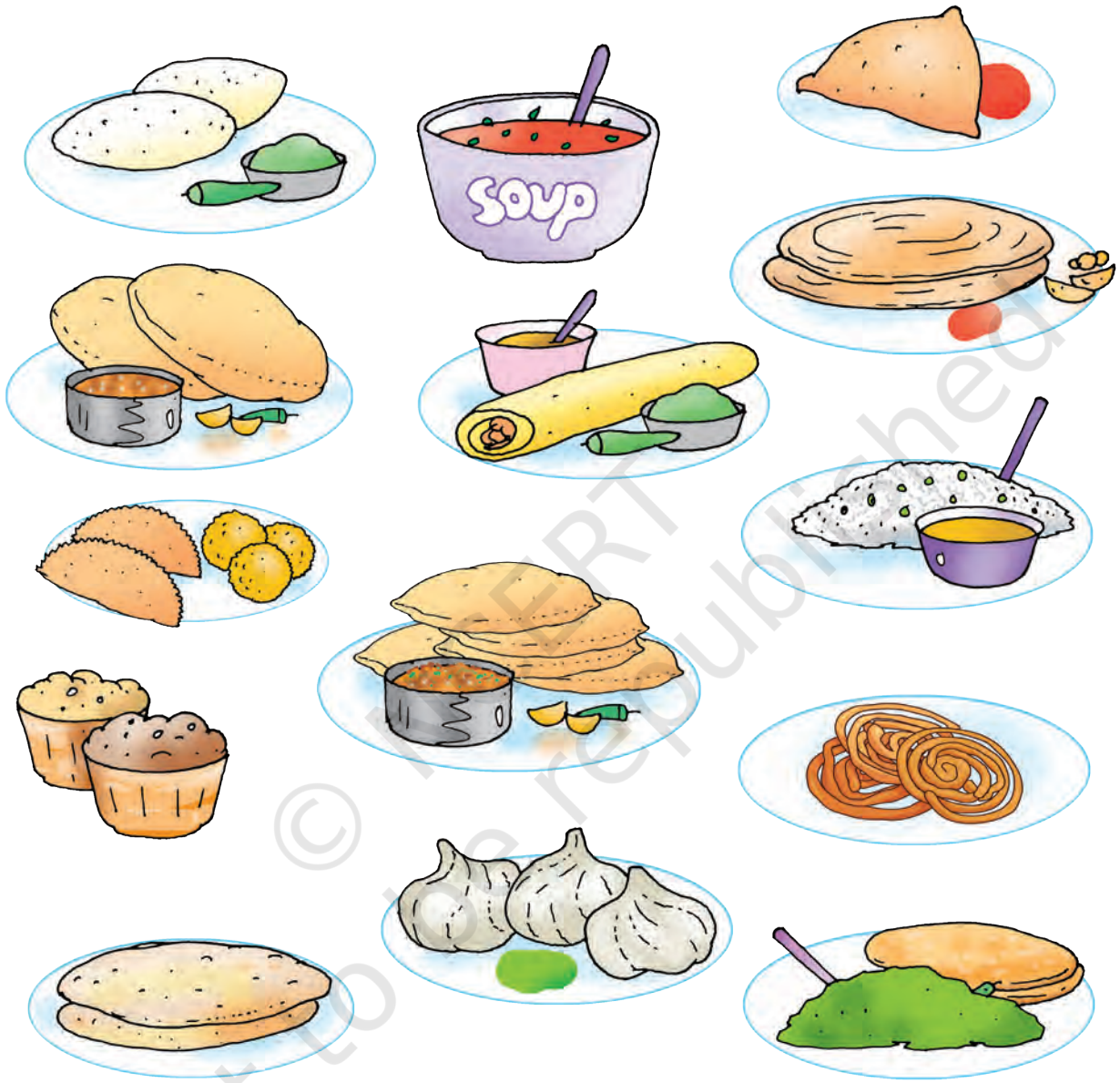
Note to the teacher

- Help children realise that farmers work hard to give us many kinds of things to eat.
- Reinforce that we should not waste food.

© NCERT not to be republished

Reprint 2026-27

Let us speak



(a) Name the food items you see in the picture.

(b) Which is your favourite sweet?

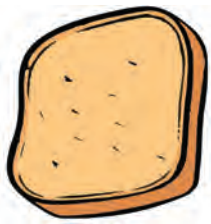
(c) Who cooks food at home?

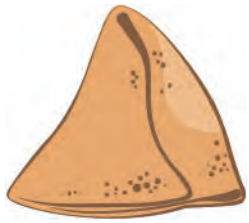
(d) Do you pick up your plate after a meal?

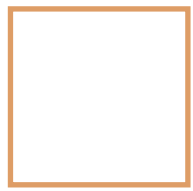
Reprint 2026-27

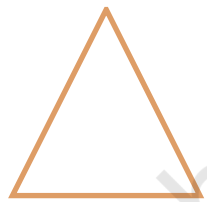
Let us do

B. Match the food item to its shape









Let us draw

1. Say the names of the special dishes you eat at home.

   Draw and colour them. See what others have drawn.

© NCERT not to be republished

Reprint 2026-27

Let us speak

Fun with Words

A. Listen to the following words that your teacher will read out. Notice that they have only one syllable.

Say the word and clap once.

man	food	cat
hut	eat	mat
go	come	sit

B. Now say these words.

These words have two syllables. Say each word aloud and clap for every syllable of the word.

farmer	far	mer
carrot	car	rot
market	mar	ket
brinjal	brin	jal
mango	man	go
breakfast	break	fast
dinner	din	ner

© NCERT not to be republished

Reprint 2026-27

2. Match the following images to the sentences.

This cow is brown.

These are four oranges.

This is a purple cap.

This is my lunch.

This is a green jeep.

© NCERT not to be republished

Let us do

Riddles

1. I am a fruit. My name is my colour.
   Who am I?

   Answer: _____

2. I am hard and brown on the outside.
   Soft and white inside.
   Who am I?

   Answer: _____

3. I am a vegetable. I am pink in colour.
   I may also be white in colour.
   If you cut me, I make you cry.
   Who am I?

   Answer: _____

4. I am a fruit. I come in green or purple.
   I come in a bunch.
   Who am I?

   Answer: _____

Answers on page 118

© NCERT not to be republished

Reprint 2026-27