

**Body-building foods:** Some foods like milk, meat, fish, egg and pulses (*dals*) make our bodies strong and help us to grow.



**Protective foods:** Some foods like fruits and vegetables protect us from diseases.

To stay healthy and strong we should eat **balanced meals**. This means that in a day we should eat a little from all the three groups of food.

### ✿ Vegetarians and Non-vegetarians

Do you know that some people eat only milk products, grains, fruits and vegetables? They are called **vegetarians**. There are others who eat milk products, grains, fruits, vegetables, eggs and meat. They are called **non-vegetarians**.

\* In the spaces below, write what you had for breakfast, lunch and dinner yesterday.

Breakfast: upma

Lunch: Rice, dal, prawn curry

Dinner: chapatis, prawn curry

\* Mark the sentences as true (✓) or not true (X). One has been done for you.