

1. Health is Wealth

LISTENING

Recite and enjoy:

Healthy Food is Good



Unit - 1



Healthy Food, Healthy Food,
Who are you?
I am the one
That is good for you.
I make you grow,
Tall and strong
And give energy all day long.

Junk Food, Junk Food,
Who are you?
I am the one
that is bad for you.
I make you weak
and very sick.
You become lazy and not very quick.



Find the rhyming words from the poem:

1. mood - _____ , _____
2. fall - _____ , _____
3. wrong - _____ , _____
4. tick - _____ , _____

Listen to the story:

From Junk to Joy

Radha, a school girl, was sitting sadly. She forgot her lunch box. Just then, a fairy appeared.

Radha : (surprised to see the fairy)
Wow! A fairy!

Fairy : Yes, I am. Why are you sad?

Radha : I don't have my lunch box.
The fairy waved her magic wand and suddenly, five colourful lunch boxes appeared in front of Radha.

Radha : (amazed) what are these?

Fairy : These are snacks for you.

Radha : I'm very hungry.
(Eagerly opened the first box.)
Carrots! I don't like them.
I want pizza. Why should
I eat carrots?



Fairy : Carrots have Vitamin A. They will make your eyes sharper.
(Radha sighed and opened the second box.)

Radha : Spinach?

Fairy : Yes, it makes you strong and gives you lots of energy.
(Radha frowned.)

Radha : I want burgers. What's in the third box?

Fairy : Apples! They have fiber to keep your tummy happy.
(Radha opened the fourth box and groaned.)

Radha : Oh, no! Beans?

Fairy : Yes! Beans make your muscles strong.
(Finally, Radha opened the last box.)

Radha : Oranges? Why?

Fairy : Oranges have Vitamin C, which protects you from getting sick.
(Radha pouted.)

Radha : But I want noodles, burgers and pizza. Why don't you bring them?

Fairy : Those foods weaken your health. Fruits, vegetables, beans and grains are healthier.

(Radha thought for a moment.)

Radha : Okay, I'll eat them... but can I have pizza sometimes?

(The fairy smiled, winked and flew into air. Radha tried to stop her. Radha ran after her and fell off the bed. Her eyes opened at that moment.)

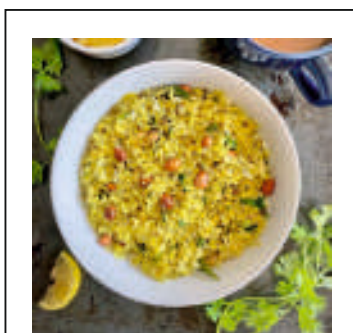
Radha : (smiling) Oh! It's a dream only.

Write what will the fairy say about these foods - 'Healthy' or 'Unhealthy'?



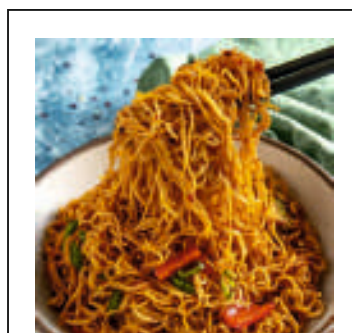
















Match the correct pairs 'A' with 'B':

'A'	'B'	Answer
1. oranges	a. have Vitamin A	1. _____
2. beans	b. have fibers to keep tummy happy	2. _____
3. apples	c. makes you strong	3. _____
4. spinach	d. have Vitamin C	4. _____
5. carrots	e. makes you strong	5. _____

READING

Recite and enjoy:

Vegetables and Fruits

In the garden, green and bright,
Fruits and veggies, a delight.
Carrots, oranges, crispy and sweet,
A healthy snacks, can't be beat.



Mangoes juicy, summer's treat,
Savouring the taste, oh! so neat.
Bananas yellow, full of might,
Give us energy, day and night.



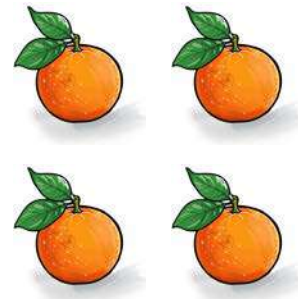
Tomatoes red, round and small,
In our salads, they stand tall.
Spinach green, leafy and strong,
Makes us healthy, all day long.



So, let's eat fruits and veggies galore,
For a healthy life, they open the door.
Nature's gifts, colourful and true,
For me, for you, for everyone too.

Fill in the blanks with the most appropriate words given in the brackets and recite the stanzas:

(vitamin, oranges, snacks, red)
 _____, citrusy and bright,
 filled with _____ C, just right.
 Apples crunchy, _____ and green,
 the healthiest _____ you've ever seen.



Read the story:

Peter, the Eater

Once Peter goes to a doctor and complains that he has stomach ache. The doctor inquires of him.

Doctor: Hello Peter! How are you?

Peter : Not so well, sir.

Doctor: What is wrong with you, Peter?

Peter : Sir, I have severe stomach ache.

Doctor: What did you eat last night?

Peter : Sir, I had only three sandwiches.

Doctor: At what time?

Peter : At 10 o'clock.

Doctor: Why so late?

Peter : Because there were some guests at home and my mother prepared 'Dosa' first for them.

Doctor: Did you eat any 'Dosa'?

Peter : Sir, I don't like 'Dosa' much so I took only two 'Dosas'

Doctor: But, if you don't like 'Dosa', why did you eat two 'Dosas'?

Peter : Sir, I did so because I had taken only one pizza. We all had snacks in the garden at 7:00 p.m. so, I was very hungry.

Doctor: What! Had you taken one pizza before you ate 'Dosa'?

Peter : Yes, sir.

Doctor: So, you ate one pizza, two 'Dosas' and three sandwiches. Right?



Peter : Yes, sir.

Doctor : Then your stomach ache is natural.

Peter : But sir, I haven't taken anything after taking a glass full of milk with bread and butter this morning.

Doctor : Milk with bread and butter! Oh! Peter, I will go mad if you speak anything now. Take this medicine and go away.

Peter : Thank you, sir. Should I eat anything before I take this medicine? Will it be harmful if I take it on a hungry stomach? [The doctor looks at Peter angrily and Peter quickly goes out of the room.]

Complete the answers to these questions:

1. Who came to Peter's home?

➤ _____ came to Peter's home.

2. What did Peter eat last night?

➤ Peter ate _____
_____ the last night.

3. When did Peter eat sandwiches?

➤ Peter ate sandwiches _____.

4. Where did Peter eat pizza?

➤ Peter ate pizza _____.

5. Did Peter go to the doctor?

➤ _____ the doctor.

Use all the letters of the given words and make new words:

Example beard - bread

1. eat - _____

2. net - _____

3. top - _____

4. dosa - _____

5. post - _____

6. now - _____

7. but - _____

8. lose - _____

9. late - _____

10. last - _____

Strike out the letter 'm'. Underline the words in the story.

1. dommmctommmr - _____
2. hummngmmrym - _____
3. pmimzmzma - _____
4. qummmimmckmmlymm - _____
5. glammmms - _____



Study the invoice and answer the questions:

Annapurna Grocery Store

Address: 15, Shanti Nagar, Green Park, Gandhinagar - 382010

Owner: **Mr. Ramesh Barot**

GSTIN: 27AABCR1234Z5X

Invoice No: 1024-AGS-457

Invoice Date: 21/10/2024

Customer Name: Heena Bheda

Invoice Details

Item	Quantity	Price per Kg/Ltr (Rs.)	Total (Rs.)
Basmati Rice (1 kg)	1	120	120
Wheat Flour (10 kg)	1	40	400
Groundnut Oil (2 Ltr)	1	150	300
Sugar (2 kg)	1	45	90
Toor Dal (1 kg)	1	220	220
Masala Tea Powder (500 gm)	1	360 (per Kg)	180
Detergent Powder (2 kg)	1	37.50	75

Total Amount

Subtotal: ₹1385.00

GST Amount: ₹ 69.25

Total (Incl. GST): ₹1454.25

Payment Mode: Cash/ UPI / Card

Thank you for shopping with us! We look forward to serving you again.

1. What is the total amount (including GST) of the bill?
2. Who is the owner of Annapurna Grocery Store?
3. How many litres of groundnut oil were bought?
4. When was this invoice generated?
5. Was the GST amount included in the invoice?

WRITING



Study the picture and write a paragraph about it using the words given:

(a school building - a teacher - children - uniform - bricks - plants - small tools - a divyang boy - wheel chair - a dog - glass - observation - a butterfly - colours - a telescope - a flag -volleyball - birds - trees)



Example: This is a picture of a school compound.

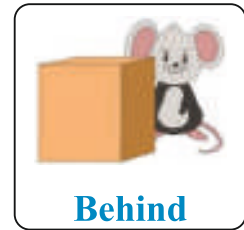
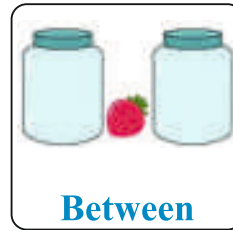
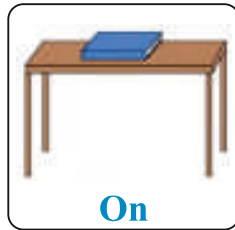


Write sentences as your teacher dictates:

આ પ્રવૃત્તિમાં શિક્ષક વિદ્યાર્થીઓને ‘From Junk to Joy’ અને ‘Peter the Eater’ માંથી વાક્યોનું શ્રુતલેખન કરાવશે.

LANGUAGE FUNCTION

Observe the pictures:



Study the picture. Fill in the blanks with the help of words from the box given below:

in	on	between	behind	under
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1. The cat is _____ the computer.
2. The dog is _____ the bed.
3. The bed is _____ the windows.
4. The books are _____ the box.
5. The computer is _____ the table.



Rewrite the sentences using the most appropriate words:

1. I was born in/on/above 1988.
2. He is on/in front of/between his computer.
3. The picnic is planned in/on/into Sunday.
4. Hiral hid behind/between/ under the door.
5. Kiya swims into/in/ above the pool.

Study the pictures and fill in the blanks using the words from the brackets:

Example:



I am running.

They are running.



1. The girls _____ under the tree. (sit)

2. The painter _____ a white cap on his head. (wear)



3. I _____ on the path. (walk)

Fill in the blanks using the words from the brackets:

1. I **am going** to watch a movie at the theatre. (go)
2. We _____ in the nearby park. (play)
3. Pratham _____ at the function. (sing)
4. Girls _____ chess. (play)
5. The teacher _____ the students. (teach)
6. I _____ a storybook. (read)



Study the examples and make sentences:

શિક્ષક વર્ગને આઠ જૂથમાં વિભાજિત કરશે. પાંચ મિનિટનો સમય આપી ઉદાહરણ મુજબ વાક્યો લખવા કહેશે. જે જૂથ વધુ વાક્યો લખશે તે જૂથ ‘**Sentence Champion**’ જૂથ તરીકે વિજેતા બનશે.

Example : I am reading a newspaper.

He is playing Kho-Kho.

You are eating fruits.

I	am	reading walking playing eating jumping writing	fruits kho-kho on the footpath a newspaper a letter kabaddi laddus a magazine on the platform in the jungle bananas
He She Dwija A monkey	is		
We You They Chintan and Manan	are		

VOCABULARY



Find the words in the grid from ‘Hygiene Word Search: Circle them and write sentences:

Hygiene Word Search

bath	soap	comb
clean	water	towel
brush	napkin	
scrub	wash	



a	b	c	n	a	p	k	i	n
d	r	e	w	a	t	e	r	f
g	u	h	a	i	j	k	l	m
n	s	o	s	c	r	u	b	p
q	h	r	h	l	s	t	u	t
s	v	w	x	e	y	z	a	o
o	b	c	b	a	t	h	d	w
a	e	f	g	n	h	i	j	e
p	k	c	o	m	b	l	m	l





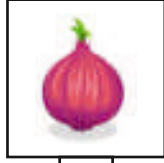
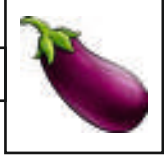
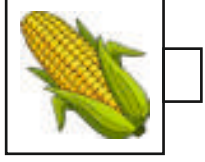
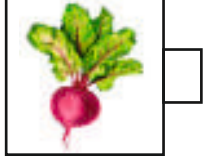
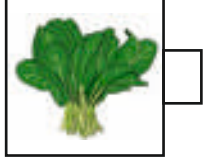




Example: brush - We should **brush** our teeth twice a day.

Fill in the blanks with the most appropriate words from the brackets:

(weight, energy, vitamins, healthy, calories)

- _____ food provides nutrients.
- Fruits are good sources of _____ A, C and D.
- Eating too much sugar can lead to gain _____.
- Junk food contains much _____.
- Healthy snacks give _____ to our body.

Arrange the letters and make meaningful words. Write appropriate number:

					
	1				
	1. maotto	to			
	2. apotto	po			
	3. 'sydal inberg	la			
	4. ononi	on			
	5. pesa	pe			
	6. croatr	ca			
	7. tietrb rdugo	bi			
	8. nocr	co			
	9. sccumpia	ca			
	10. eabgbac	ca			
	11. nlajirb	br			
	12. bcucmure	cu			
	13. nikumpp	pu			
	14. eetboort	be			
	15. chansip	sp			
	16. shdira	ra			
					

ACTIVITY

Let's Play - Look and say:

શિક્ષક વર્ગને ચાર જુથમાં વિભાજિત કરશે. ત્યારબાદ એક પુસ્તક લેશે અને તેને **desk**ની આસપાસ જુદી જુદી જગ્યાએ મૂકશે. વિદ્યાર્થીઓ પુસ્તકનું સ્થાન સમજશે અને ઉદાહરણ મુજબ વાક્યો બોલશે.

Examples: The book is on the desk.

The book is in front of the desk.

શિક્ષક પુસ્તકના સ્થાનને ઝડપથી બદલી વિદ્યાર્થીઓને સ્થાન નિર્દેશ કરતી અભિવ્યક્તિ કરતા વાક્યો બોલવાનું કહેશે.

SPEAKING

Describe the picture using the words in the brackets:

(mangoes, bananas, grapes, oranges, apples, potato, onions, bitter gourds, cauliflowers, cabbages, tomatos, salt, coriander powder, a boy and a girl.)



Start like this...

This is a picture of _____

DO IT YOURSELF



Prepare a chart on the theme 'Healthy Food.' Write a paragraph: