

FOOD WE EAT

Chapter-6

Energy Giving Food



FOOD GRAINS

Food grains are

Rice

Wheat

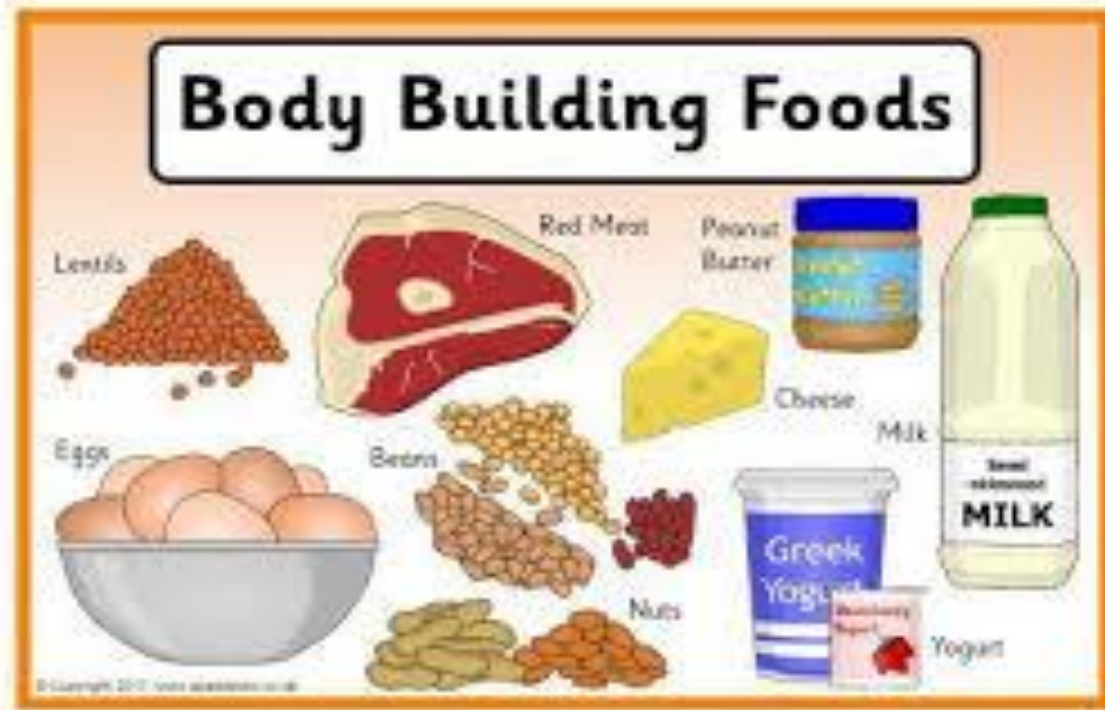
Bajra

Ragi

Maize

These food grains give energy to our body to do various activities.

Body Building Food



PULSES

Pulses are

Chickpea

Urad

Green gram

Black gram



Protective Food





All fruits and vegetables are protective food.
They protect us from diseases.
Fruits and vegetables are available throughout
the year.

FAVOURITE FOOD OF PUNJAB



Famous food of Gujarat



Most popular food of Rajasthan





Food gives us energy to work and play
without food no one can live.

Food is important for all of us .It gives us
energy to perform various activities .

THANK YOU