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Chapter 7: Eating Healthy

1. Words & Meanings (शब्दार्थ)

S.No.	English Word	Hindi Meaning (अर्थ)
1	Stomachache	पेट दर्द
2	Warned	चेतावनी दिया
3	Cry	रोना / चिल्लाना
4	Germ	कीटाणु
5	Disease	बीमारी
6	Advice	सलाह
7	Medicine	दवाई
8	Healthy food	पौष्टिक आहार
9	Breakfast	सुबह का नाश्ता
10	Energy	ऊर्जा (ताकत)
11	Hydrated	शरीर में पानी की सही मात्रा होना

2. Chapter Summary & Concepts

Story of Ranu:

- Ranu had a stomachache, and she was crying.
- Her mother said: "I have warned you not to eat unhealthy food, but you didn't listen to me."
- Ranu replied: "I am sorry, mumma."
- Her mother then took her to Dr Shefali. Dr Shefali gave her medicines and valuable advice for her daily diet.

Importance of Food:

- Food gives us energy to play, work, and grow.
- It keeps us healthy and helps us fight germs and diseases.

3. Textbook Exercises & Solutions

A. Tick (✓) the correct option:

1. What meal is eaten at noon?

- a) Breakfast []
- b) Lunch [✓ Answer]**
- c) Dinner []
- d) Snacks []

2. Which foods give us vitamins and minerals?

- a) Cakes []
- b) Fruits and vegetables [✓ Answer]**
- c) Chips []
- d) Ice cream []

3. How many glasses of water should we drink every day?

- a) 2 to 4 []
- b) 6 to 8 [✓ Answer]**
- c) 10 to 12 []
- d) 15 to 20 []

4. What advice did Dr Shefali give to Ranu?

- a) Healthy food [✓ Answer]**
- b) Sports and games []
- c) Houses []
- d) Animals []

B. Choose the correct answer and fill in the blanks:

1. Ranu was crying due to stomachache. (headache / stomachache)

2. Food from animals includes milk, eggs, meat, and fish. (honey / eggs / vegetables)
3. Some foods can be eaten raw, like fruits and vegetables. (wood / vegetables)

C. Food Items from Word Grid:

Words identified from the grid: IDLI, DOSA, UPMA, CHAPATTI, CHUTNEY, RICE, BUTTERMILK, DAL, CURD.

D. Question & Answers (Notebook / Textbook):

Q1. What did Ranu's mother warn her about?

Ans: Ranu's mother warned her about germs, diseases, and unhealthy food that could harm her body.

Q2. Which meal helps us to start our day with energy?

Ans: Breakfast helps us to start our day with energy.

Q3. What should we drink to stay hydrated?

Ans: We should drink plenty of water (6 to 8 glasses) to stay hydrated.

Q4. What should Ranu choose to stay strong and happy?

Ans: Ranu should choose healthy food to stay strong and happy.