

Chapter 6

Our Needs

We all need food, clothes and a house.

We Need Food

We need **food** to **grow** and to stay **healthy**. It gives us energy to study and play. We must eat good food.

We must have our meals at same time everyday.

Some food help us to **grow like** milk, fish, eggs and pulses.



Milk



Fish



Egg



Pulses

Some food give us energy.
Rice. Sugar, butter, roti
and bread give us energy.



Rice



Sugar



Butter



Vegetables



Fruits

Some food keep us healthy.

Fruits and vegetables keep us healthy.



We eat three meals in a day. In the morning we have breakfast. I have breakfast before I go to school.

In the afternoon we have lunch. I have lunch after I come back from school.



In the evening we have dinner. We have dinner at 8:00 pm. We all eat together.

We Need Clothes

We need **clothes** to cover our body and to look smart. Clothes protect our body from cold, heat and dust. We wear different clothes at different time of year.

We wear cotton clothes in summer. They keep us cool.



We wear woollen clothes in winter. They keep us warm.

During the rainy season, we wear a raincoat. It does not make our clothes wet. We also wear gum boots.



Material of Clothes

Clothes are made of different materials. All these materials are obtained from animals or plants.

- We get wool from the fur on a sheep's body. Wool is used to make sweaters, jackets, mufflers etc.



- We get leather from the skins of calfs, camel etc.

- Leather is used to make jackets, belts. etc.



- We get cotton from cotton plant. It is used to make, dresses, frocks, pants and shirts.



We Need a House

We need a house to live in. A house keeps us safe from the heat and the cold. A house protects us from the rain and the wind. A house keeps us safe from wild animals and thieves.

We enter a house through a door. We walk on the floor. The windows of our house let in sunlight and fresh air.



- Our house keeps us safe from the heat of the sun.
- Our house keeps us safe from the cold and rain.
- We keep our things in our house. We keep our clothes, books and toys in our house.

Rooms of our house

A house is a home when a family lives in it. We have fun at home.



We cook food in the kitchen.



We rest and sleep in the bedroom.



We wash clothes and bath in the bathroom.

A Glance on Terms

- Energy** : Capacity to do something.
Woollen clothes : Clothes made from wool which keep us warm.

Revision Time

- * We need food to live. Food helps us to grow.
- * We need clothes to cover our body and to look smart.
- * We need a house to live in. A house keeps us safe from the heat and cold.
- * We cook in the kitchen.
- * We rest and sleep in the bedroom.