

STAR PLAY SCHOOL

Dear Parents

Today's Assignment

ENGLISH

L-4 Good Night and Good Morning
Read & discussed

MATHS

Tables 2 to 10
In CW copy.

EVS

L-4 FOOD WE NEED
Read & Discussed

HOMEWORK

MATHS

Learn tables for orals test.

Good Night and Good Morning

A fair little girl sat under a tree,
 Sewing as long as her eyes could see;
 Then smoothed her work, and folded
 it right,
 And said, 'Dear work, good night!
 Good night!'



She did not say to the sun, 'Good
 night'

Though she saw him there like a
 ball of light

For she knew he had God's time
 to keep

All over the world, and never cou
 sh

The tall pink foxglove bowed his head,
 The violets curtsied and went to bed;
 And good little Lucy tied up her hair,
 And said on her knees her favourite prayer.



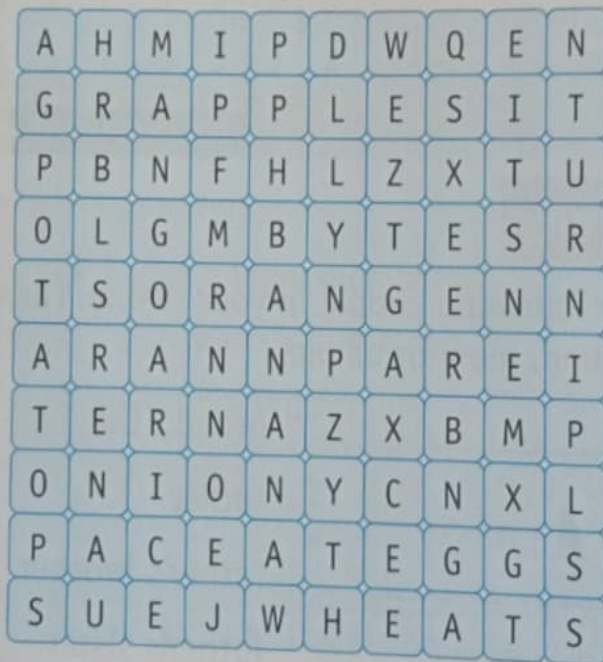
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We Need Food

Let's Learn About

- Food
- Water
- Golden Food Habits
- Types of Food
- Meals
- Balanced Diet
- Vegetarians and Non-vegetarians

We have learnt in our previous class that we get food from plants in the form of fruits, vegetables and grains. Find the names of four fruits, three vegetables and two grains in the given word search puzzle.



Food

We need food to grow. Let's learn more about why we need food.

- Food makes us strong and healthy.
- It gives us energy to work and play.

Learn More

Eating healthy food helps our body to fight diseases.



foods from plants



foods from animals

We get our food from different sources like plants and animals. Plants give us foods like fruits, vegetables and grains. Animals give us foods like milk, eggs and meat.

Types of Food

The food we eat is mainly of three types. They are energy-giving food, bodybuilding food and protective food.

Energy-giving Food

Energy-giving food gives us energy for everything we do. It also gives us energy to study and play. Sugar, butter, rice and potato are energy-giving foods.



sugar



potato



butter



rice



pulses



meat

Bodybuilding Food

Bodybuilding food helps our bones and muscles to grow. Pulses, grains, milk, eggs and meat are bodybuilding foods.



grains



milk



eggs

Protective Food

Protective food keeps us healthy and protects us from diseases. Fruits, vegetables and milk are protective foods.



fruits



vegetables



milk

Learn More

We eat all fruits in the raw form. Some vegetables are also eaten raw. We cook most vegetables before eating. They become soft and tasty on cooking.

Learn Words

fair : beautiful

smoothed : removed wrinkles and creases

foxglove : a type of flower

violet : a purple-coloured flower

curtsied : made a deep bow to greet

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