



0435CH06

6 Happy and Healthy Living



All of us feel happy at different times and for different reasons. When do you feel happy? Write your answers in the bubbles given below.

When do I feel happy?

When I play games.



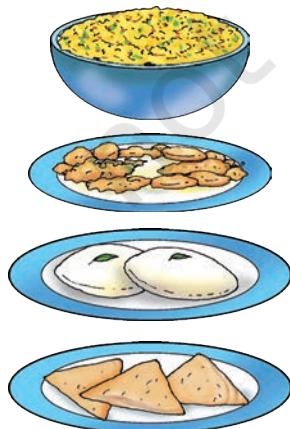
When I eat my favourite food.

We feel happy on various occasions, such as when we are eating our favourite foods. We enjoy eating food items made from different grains, pulses, vegetables, etc.

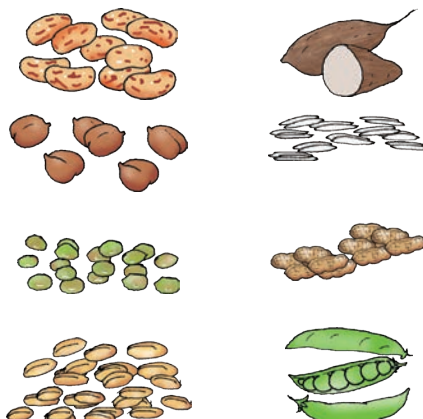


Activity 1

Connect the food items shown below with the ingredients used to make them.



Food items



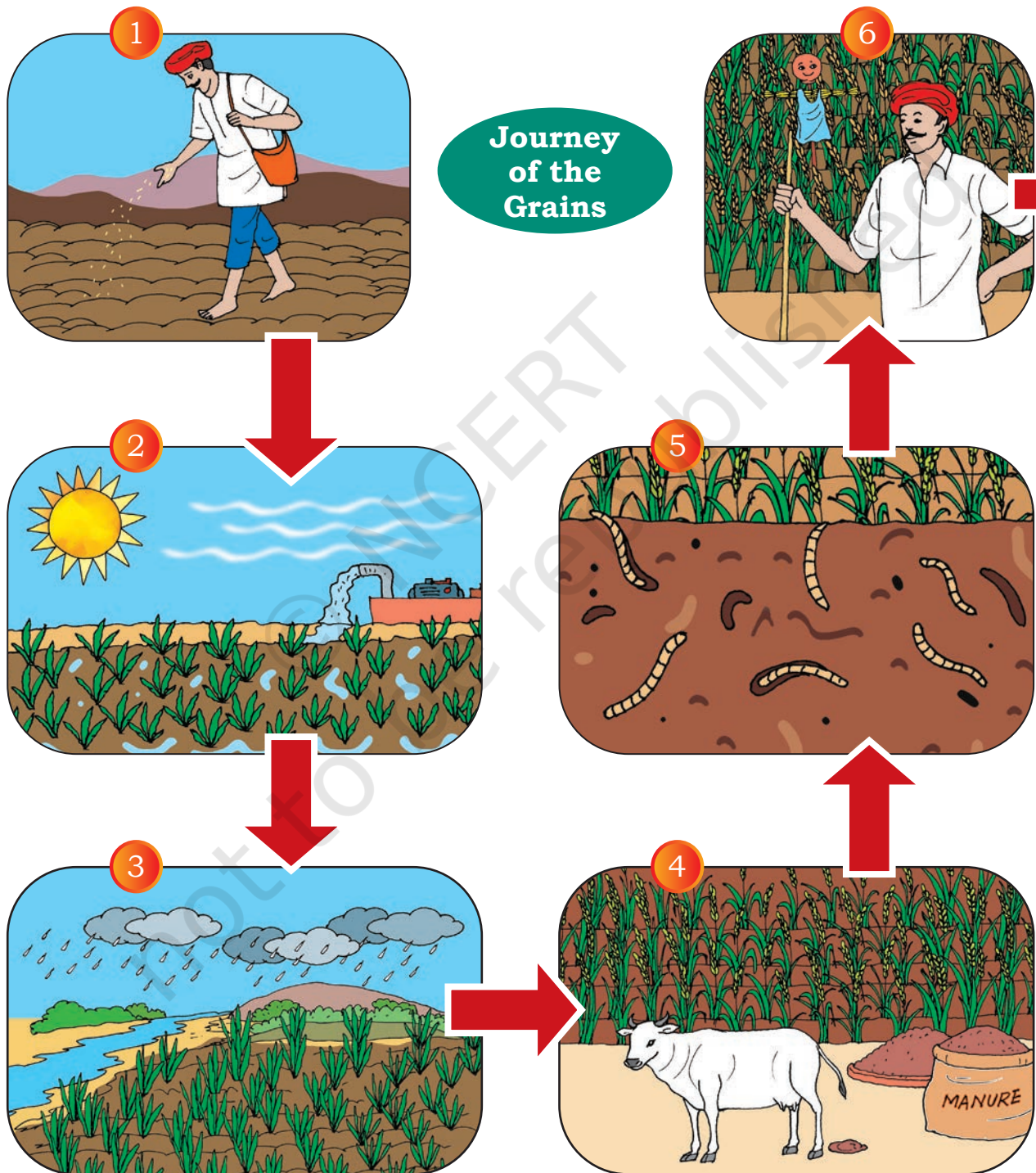
Ingredients



Food items

Journey of the Grains

It is interesting to know how each food item reaches us. Let us look at the journey of a rice or wheat grain which forms a part of our diet. The following pictures show this journey.





The journey of the grain from the farm to our plate is long. The efforts of people (farmers, sellers, etc.) and animals make this journey possible for us. Water, soil, and sunlight also play an important role in this process.





Activity 2

Observe the pictures and answer the following questions.

1. Put a tick (✓) on the elements that assist a grain in its journey.

Soil	Stone	Air	Wood	Water	Tiger
✓					
Farmer	Earthworm	Hills	Fire	Insect	Bat



Write

1. What is the role of farmers in this process?
2. List out the missing elements in the table above.

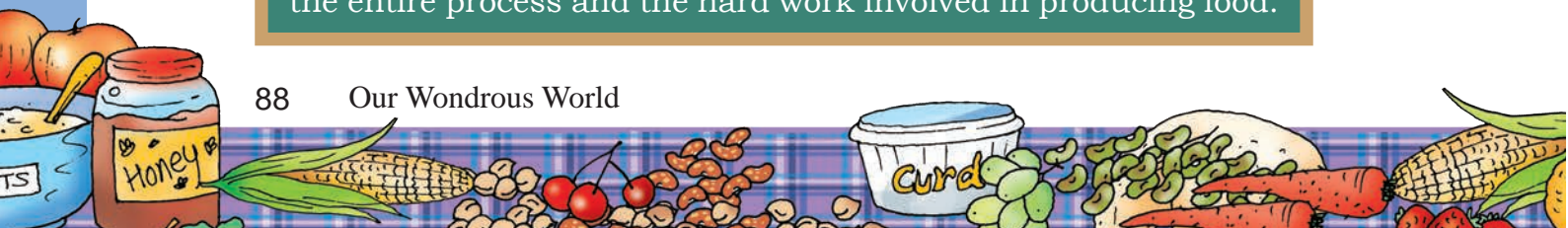
From the time a seed is sown, to the point when food reaches our plate, it is a remarkable journey. Can you list the roles of the different elements involved in this journey?

(a) Soil: _____

(b) Water: _____

Note to the Teacher

Encourage a discussion in the class to help children appreciate the entire process and the hard work involved in producing food.



(c) Farmer: _____

(d) Cattle: _____

(e) Shopkeeper: _____

(f) Family members: _____

(g) Any other: _____

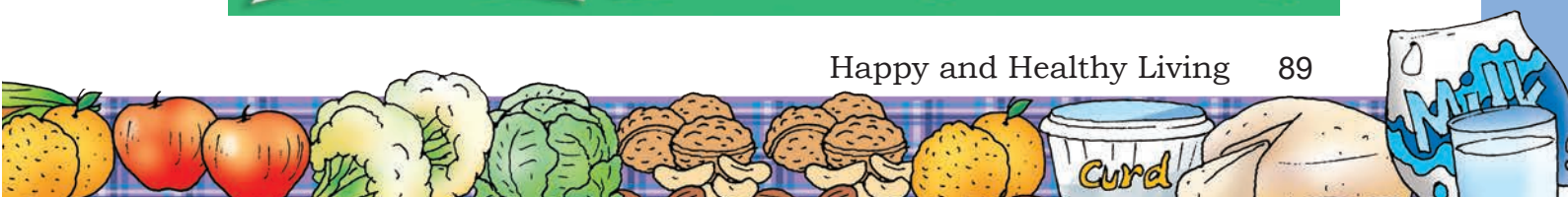


Activity 3

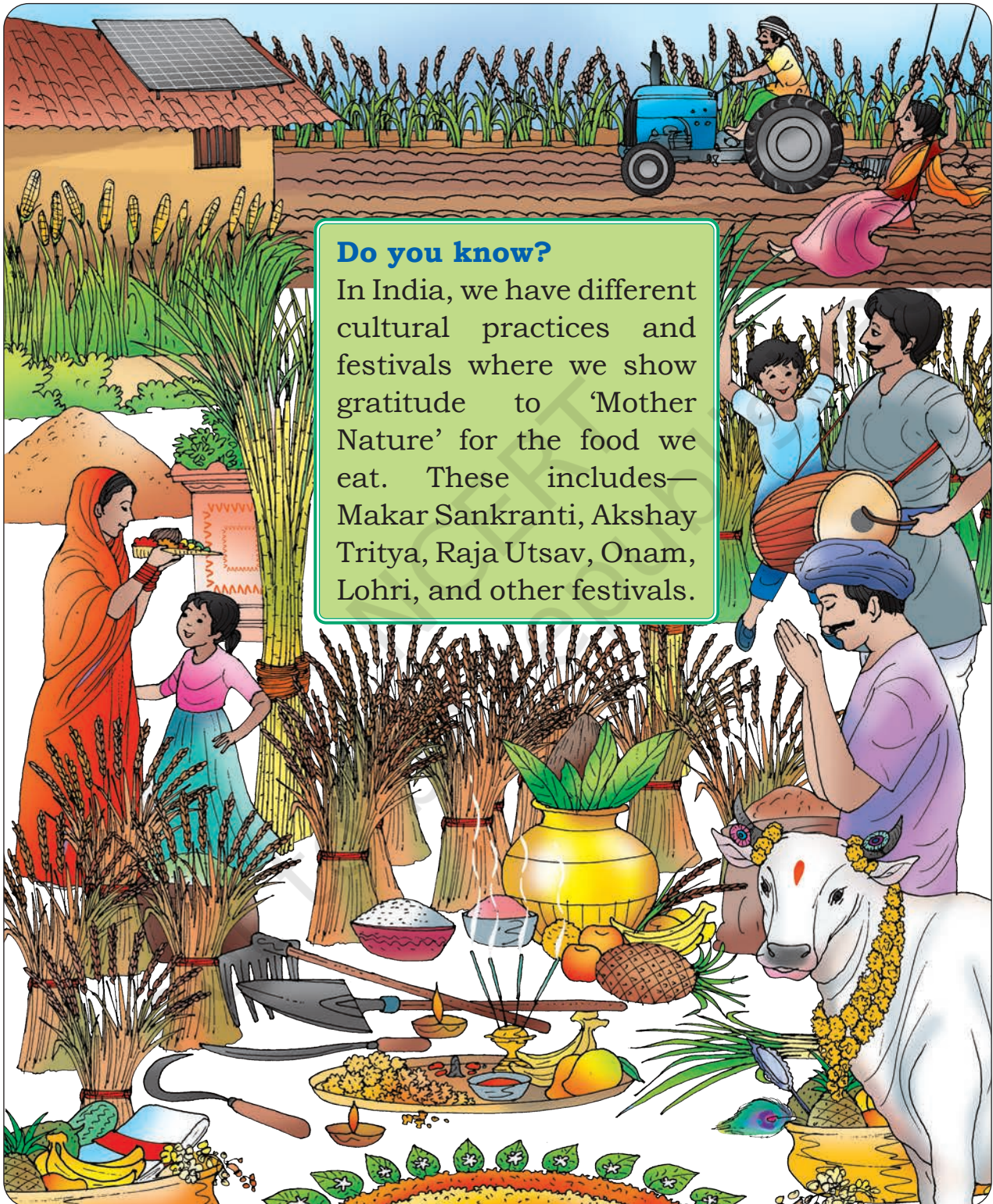
Thank You Everyone!

Whom would you like to thank for the food you eat? Please write your answers in the following space.

Thank you _____	<i>Thank you</i> _____	Thank you _____
<i>Thank you</i> _____	Food	<i>Thank you</i> _____
Thank you _____	<i>Thank you</i> _____	Thank you _____



When we remember all the contributors with love and gratitude, we feel the importance of each grain, and we enjoy the taste.



Do you know?

In India, we have different cultural practices and festivals where we show gratitude to 'Mother Nature' for the food we eat. These includes—Makar Sankranti, Akshay Tritiya, Raja Utsav, Onam, Lohri, and other festivals.

Mindful Eating

One day, the teacher asked her students to sit in a circle. She asked them to close their eyes. Thereafter, she placed one peanut each on their palms. Every student felt the object on their palm. A few students immediately recognised the seed and knew it was peanut.



With their eyes still closed, the students attentively followed the teacher's instructions:

- (a) Put the food item in your mouth slowly.
- (b) Use your tongue and mouth to feel the surface of the food.
- (c) Gently, chew it with your teeth.
- (d) Feel the flavour and taste, using your tongue, nose and other senses.
- (e) Remember the taste as you continue to chew.
- (f) Before swallowing, remember the texture of the food.



DISCUSS

1. What role does your tongue play in this process?
2. What do your teeth do to the food?
3. What happens to the food inside your mouth during this process?

Mindful eating is about paying attention to what we eat and how we feel while eating. When we eat slowly and focus on each bite, we can enjoy our food better. It helps us make healthier choices and appreciate the food we have. So, the next time you eat, try focusing on what you eat, chewing your food well, and enjoying every bite fully.

Note to the Teacher

Teacher can conduct mindful eating exercises in the classroom using peanuts or locally available foods, enabling students to experience and enjoy the process of eating mindfully.





Valuing Food

Every grain is precious. Do you eat every grain of food served on your plate? When we waste food, we fail to respect the hard efforts of everyone who helped bring food to our plate.



Activity 4

For a week, keep a record of the food you eat for breakfast, lunch and dinner.

After every meal, make an entry in the following table. If you ate everything, write 'Yes' and add a happy smiley 😊. If you left some food, write 'No' and add a sad face 😞.

Day	Breakfast	Lunch	Dinner	Did you eat fully?	Did you waste?	How do you feel?
1.						
2.						
3.						
4.						
5.						
6.						
7.						



Write

What will you do—

1. If someone offers you food more than you need?

2. If you do not like a food item on your plate?





Write

Enjoy Sports

Look at the picture below.



Identify the activities people are engaged in.





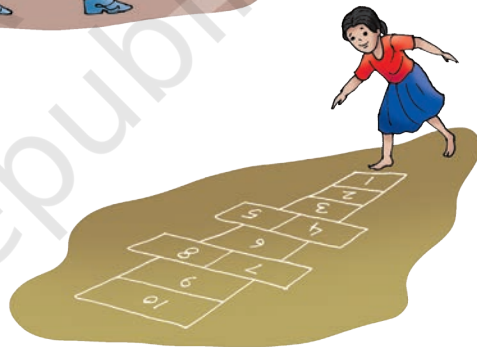
Discuss

1. Which physical activities do you do in your daily life?
2. How do you feel on a day when you play a lot?



Find out

Can you name the games depicted in the pictures below?



Activity 5

With your teacher's guidance, practice the easy yoga poses given below for a week, and record your observations.



Along with good food, we also need to exercise regularly to stay healthy. Regular physical activities like playing in open fields with friends, running, jumping, cycling, and skipping are necessary to keep us strong and energetic. Similarly, other physical activities, like yoga improve our posture, and keep us happy and active.

‘Khel Yoga’, the textbook on ‘Physical Education and Well-being’ provides many interesting exercises and games.



Sleep Well too!



Think about a day when you exercised or played a lot. What do you think would happen if you did not sleep well after that?



Activity 6

Fill the table given below.

Day	When did you sleep?	When did you get up?	Duration of sleep	How you felt during the day? (a, b, c)
Yesterday				
Day before yesterday				
Prior to it				

a: Felt fresh; b: Lazy; c: Sleepy



Discuss

1. Why do you think our body needs rest?
2. Do you think it is important to rest after a busy day of exercise and play? Why?

Our body requires sufficient sleep every day. A good sleep takes away our tiredness and makes us feel fresh. When we do not get enough sleep, it becomes difficult for us to focus on work or play. We feel tired, sleepy and irritable. Therefore, getting enough sleep is just as important as eating healthy and exercising.



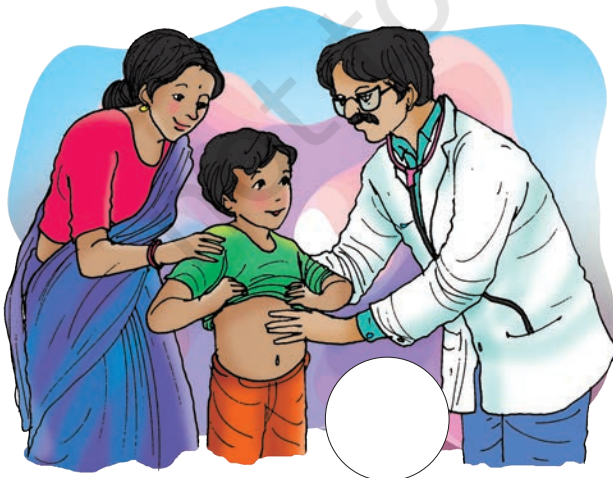


Feeling Safe

We have already discussed different ways for staying healthy and happy. However, there may be times when someone feels unhappy, unsafe or uncomfortable.

Activity 7

Look at the pictures of different situations given below. Put a tick (✓) for the situation where the child would feel comfortable and put a cross (✗) for the situation where the child would feel uncomfortable.



It is important to know the difference between safe touch and unsafe touch. A safe touch is like a comforting hug from your mother or another family member, that makes you feel happy and comfortable. An unsafe touch is one that makes you feel uneasy, scared, confused or uncomfortable— whether it is from someone you know or a stranger.



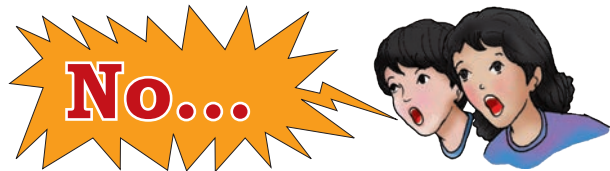
Write

1. What would you do if someone's touch made you feel uncomfortable?

2. If you face an unsafe situation, who would you tell?

3. List two situations where you would firmly say 'No'.

If you ever feel unsafe, speak up! Remember, if anyone ever makes you feel uncomfortable, it is okay to say 'No' and tell a trusted adult, like your teacher or your parents. You do not have to feel uncomfortable or guilty.



For happy and healthy living, eating right, at the right time, in the right way is necessary. At the same time, engaging in physical activities, resting and relaxing are equally important. If we take care of our body and mind, we can stay happy, healthy, and joyful.





Let us reflect

1. If the following are missing, what would happen to a food grain?

Elements

Soil _____

Water _____

Sunlight _____

Animals

Cattle _____

Earthworm _____

People

Farmer _____

Shopkeeper _____

Cook _____

2. Design your own favourite plate of balanced diet with the food items you like. (Remember we should not waste food.)

Breakfast plate	Lunch plate	Dinner plate



3. Which activities did you enjoy during your 'mindful eating'?

4. How can you keep your body strong? Write down the names of the exercises and games you would practice.

Exercises: _____

Games: _____

5. Which habits would you practice daily? Indicate your plans.

Activity	Your plan
Wake up early	
Yoga and exercises	
Eat a balanced diet on time	
Exercise and play	
Less use of TV and mobile	
Read a book	
Sleep peacefully	

