

# EVS

**Topic: Daily Eating Habits**

**Skill: Concept/General Awareness**

**Aspect: Bridging Content**

**Objectives: By the end of topic child will be able to know about daily eating habits.**



# DAILY EATING HABITS

- Keeping more fruits, low fat dairy products, vegetables and whole grain foods to your diet is a good eating habit.
- Focus on adding healthy food to your diet rather than just taking unhealthy food.



- There are four types of eating:

1. Fuel eating
2. Joy eating
3. Fog eating
4. Storm eating

1:Fuel eating:

The fuel eating is when you are eating food that support your body and its needs for e.g fruits, vegetables, carbohydrates etc.

2:Joy eating:

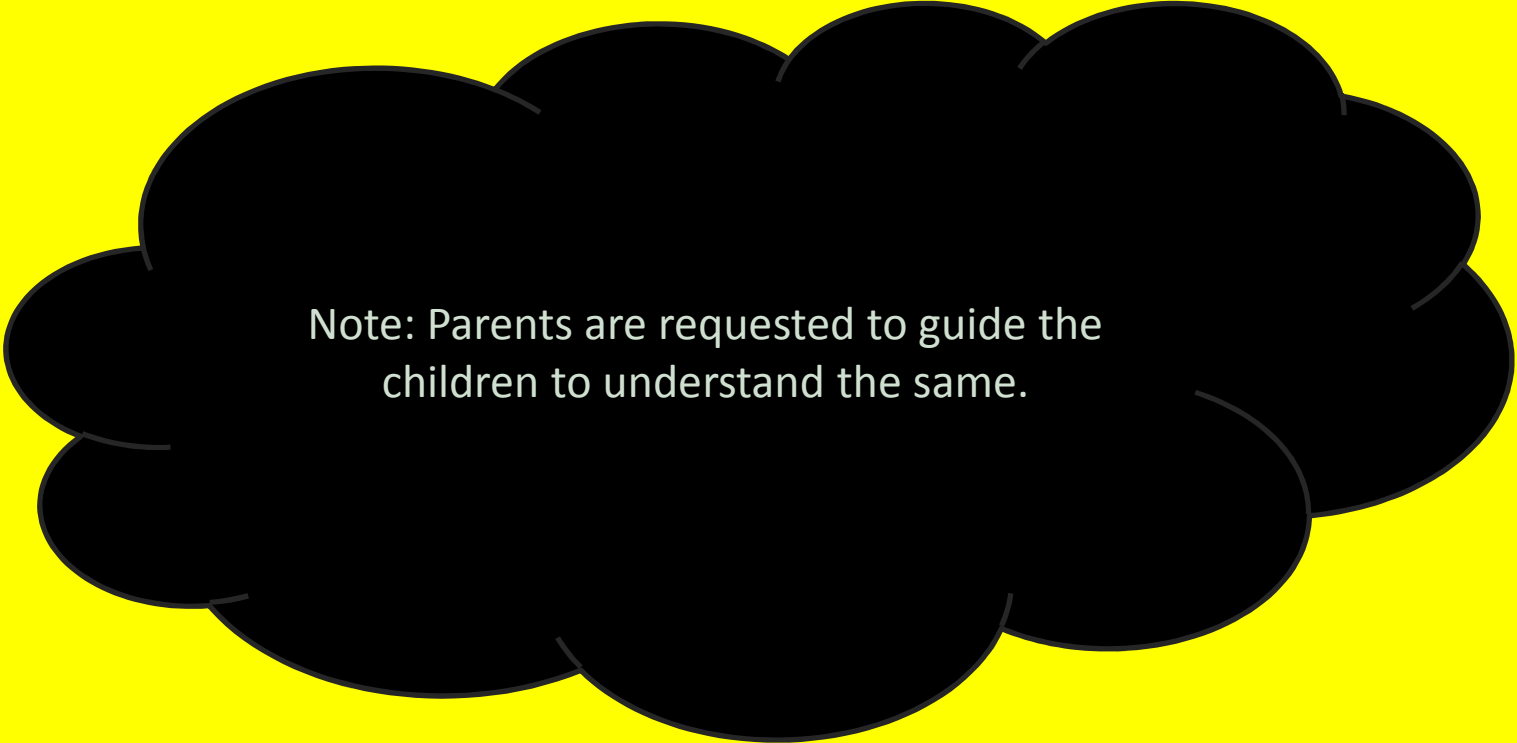
This eating is when you eat food simply because it tastes good in your mouth but provides little or no nourishment for e.g candy. chocolate, cookies etc.

### 3:Fog eating:

Fog eating is when you eat and are not conscious of it. It is eating when you are not hungry but still eat. You should never fog eat.

### 4:Storm eat:

It is eating out of control.

A large, black, cloud-like shape with a scalloped border is centered on a bright yellow background. Inside the cloud, the text "Note: Parents are requested to guide the children to understand the same." is written in white, sans-serif font.

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