

Drinks Most adults have at least one cup of tea or coffee every day. Tea is the dried leaves and buds of bushy plants, which grow in the hills. Coffee is made from the roasted seeds of coffee plants. Drinking chocolate and chocolates are made from cocoa seeds.

Milk Most of the milk we drink comes from cows and buffaloes. In some parts of our country, people drink the milk of goats, sheep, camels or yaks.

Some of us buy milk from a milkman, or a person who keeps cows and buffaloes and sells their milk. Others buy milk in pouches or bottles, or from a slot machine. How does milk reach slot machines, pouches and bottles? It comes from **dairies**. A dairy is a place where milk is collected from farmers, purified (made germ-free) and sold. The purified milk is put into bottles and pouches or sent to slot machines in milk vans.

Eggs, meat and fish Birds that people keep for meat and eggs are called **poultry**. A place where such birds are kept is called a **poultry farm**. Most poultry farmers keep chickens. Some keep ducks and geese too.

People eat the meat of many animals like goats and sheep. Sheep give us wool too. All farm animals give us leather. Farmers mostly keep a few goats or sheep in small sheds or pens on their farms. There are very few really big sheep farms in our country.

Fishermen catch fish from rivers, ponds, lakes and the sea. People actually 'grow' fish in some ponds, lakes and parts of rivers. These bodies of water where fish are kept are called **fish farms** or **fisheries**.

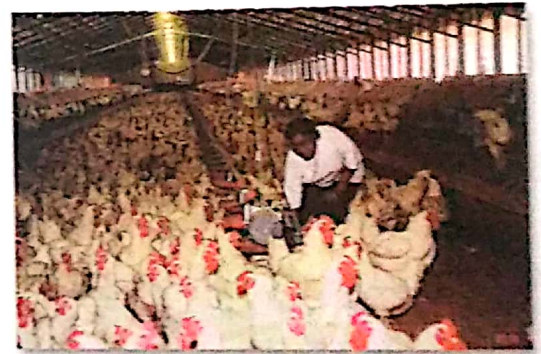
Eating well

Eating well means eating food that helps you grow and stay healthy. Your body needs three kinds of food.

- (a) Food that gives you energy
- (b) Food that helps you grow
- (c) Food that protects you from illness



Yak



Poultry farm



Fishery