Chapter 8: Food We Eat

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8.1 My Favourite Food

Q1 Draw pictures of your favourite homemade food dishes and name them.

Activity: Draw and colour your favourite homemade dishes — for example, dal-rice, roti-sabzi, or khichdi. Write the name of each dish below your drawing.

Q2 Share your reasons for why you like the food items you have drawn.

Sample answer: I like dal-rice because it is soft, tasty, and makes me feel full. My mother makes it at home and it smells wonderful.

Q3 Talk to the elders in your family and discuss in the class: Why do we need to eat and drink?

We need to eat and drink to get energy for all our activities — running, playing, studying, and growing. Food and water keep our body strong and healthy.

8.2 Story of Shirin — Healthy Food

Q1 Why do we need to eat healthy food?

Healthy food gives our body the energy and nutrients it needs to grow, stay strong, and fight illness. Shirin became a faster and healthier runner once she started eating a variety of food.

Q2 Tick the food items you eat regularly from the pictures given below (vegetables, sweets, milk, salads, dal, rice, lassi, snacks, fruits, juice, roti, paneer).

Activity: Tick the items you eat regularly. The figure shows 12 items with tick boxes: Vegetables, Salads, Fruits, Sweets, Rice, Dal, Roti, Milk, Snacks, Lassi, Juice, Paneer. Sample answer: I regularly eat Vegetables, Rice, Dal, Roti, Fruits, and Milk. (Tick whichever apply to you.)

Q3 Which foods above do you think should be part of a balanced diet?

Vegetables, dal, rice, roti, fruits, milk, and paneer should be part of a balanced diet. They provide proteins, vitamins, carbohydrates, and minerals that our body needs every day.

8.3 We Eat Different Things

Q1 Make a list of fruits and vegetables available and special food items that are prepared in the summer and in the winter.

Summer: mangoes, melons, watermelon; cold drinks like aam panna, tender coconut water, lassi; kulfi or ice-cream. Winter: apples, oranges, carrots, radish; warm soups, stew, and hot drinks.

Q2 Name these drinks in your language (tender coconut water, mango juice, aam panna, orange juice, lime water).

The figure shows five drinks: Tender Coconut Water, Mango Juice, Aam Panna, Orange Juice, Lime Water. Sample answer (Hindi): Tender Coconut Water — Nariyal Pani; Mango Juice — Aam ka Ras; Aam Panna — Aam Panna; Orange Juice — Santre ka Ras; Lime Water — Nimbu Pani.

Q3 How often do you drink water?

Sample answer: I drink water many times a day — in the morning, during meals, after playing, and before sleeping. Our body needs water all through the day.

8.4 Where Does Food Come From?

Q1 Do you know which foods are grown in the fields? Write a few names of such crops.

Wheat, rice, ragi, jowar, bajra, and maize are grown in the fields. Vegetables like spinach, fenugreek, and mustard are also grown in fields and gardens.

Q2 Discuss and write down in what form some of these foods are cooked.

Wheat is ground into flour and made into roti or bread. Rice is boiled and eaten with dal or curry. Ragi is made into porridge or roti. Maize is roasted, boiled, or made into porridge.

Q3 We eat different parts of plants. Put a tick against the items that you eat (leaves: spinach, fenugreek, cabbage, mustard, coriander; fruits: guava, sapota, apple, mango; roots: carrot, radish, beetroot; stems: potatoes, bamboo shoots, ginger, onion; seeds: grains, pulses, dry fruits).

Activity: The figure shows five plant-part groups with tick boxes. Leaves — Spinach (Palak), Fenugreek (Methi), Cabbage, Mustard, Coriander (Dhaniya). Fruits — Guava, Sapota, Apple, Mango. Roots — Carrot, Radish, Beetroot. Stems — Potatoes, Bamboo shoots, Ginger, Onion. Seeds — Grains, Pulses, Dry fruits. Sample answer: From leaves I eat spinach, fenugreek, cabbage, and coriander. From fruits I eat guava, apple, and mango. From roots I eat carrot, radish, and beetroot. From stems I eat potatoes, ginger, and onion. From seeds I eat grains and pulses.

Q4 Puzzle time: Two of our most commonly used ingredients are neither obtained from plants nor from animals. Name at least one of these ingredients.

Salt and water are two commonly used ingredients that come neither from plants nor from animals. Salt comes from the earth (rock salt) or from seawater.

Q5 Would you share your food with your friend if your friend does not bring lunch?

Sample answer: Yes, I would share my food with my friend because it is important to be kind and helpful. No one should go hungry, and sharing food brings us closer.

8.5 Let Us Reflect

Q1 Why do we need different kinds of food?

Different foods give us different nutrients — carbohydrates for energy, proteins to build muscles, vitamins and minerals to stay healthy. Eating a variety of food makes sure our body gets everything it needs.

Q2 Why do we eat seasonal foods?

Seasonal foods are fresh, tasty, and full of nutrients. They are grown naturally in the right weather, so they are good for our health and also cheaper to buy.

Q3 How can you tell if a food is healthy or unhealthy?

Healthy food is usually made at home, includes fruits, vegetables, grains, dal, and milk. Unhealthy food has too much sugar, oil, or salt, like chips or fizzy drinks. If food is fresh and nutritious, it is healthy.

Q4 Why is it important to avoid wasting food? Can you think of some ways to reduce food waste at home?

Many people in the world do not have enough food, so wasting it is wrong. We can reduce waste by taking only as much as we can eat, storing leftover food properly, and using vegetables before they spoil.

Q5 List the fruits and vegetables eaten in your family.

Sample answer: In my family we eat mangoes, bananas, apples, and oranges. For vegetables we eat spinach, tomatoes, potatoes, carrots, and peas.

Q6 Write the recipe of your favourite dish.

Sample answer (Dal): Wash one cup of dal. Boil it with water, turmeric, and salt. In a pan, heat oil and add mustard seeds, onion, and tomato. Mix in the boiled dal and cook for a few minutes. Serve hot with rice or roti.

Q7 Write the name of a food item that includes both plant and animal based ingredients. For example, lassi includes yogurt/curd (animal based) and sugar from sugarcane (plant based).

Kheer includes milk (from an animal) and rice and sugar (from plants). Another example is paneer sabzi — paneer comes from milk (animal) and the vegetables and spices come from plants.

Q8 Draw three plates or thalis with various food items in your notebook. In these plates draw and label food items that you eat in the morning, afternoon and at night.

Activity: Draw and label three thalis. Sample: Morning thali — milk, roti, banana. Afternoon thali — rice, dal, vegetable curry, curd. Night thali — roti, sabzi, salad.

Q9 Eating together activity: Bring any fruit to the class. Prepare a fruit chaat or salad with the help of your teacher. Share it with your friends.

Activity: Bring a fruit to class, cut it with your teacher's help, mix with other fruits, add a little chaat masala or lemon, and share the fruit salad with friends.

Q10 Imagine you suddenly have a guest visiting your home. What kind of food would you serve them and why?

Sample answer: I would serve them a glass of cold water or juice first, and then offer snacks like biscuits or fruit. I would ask my family to make something warm like dal or roti-sabzi because home-cooked food is healthy and welcoming.