Chapter 5: Food for Health

CONTENTS 9 exercises · 17 questions

5.1	Food Festival — Dishes	1 Q
5.2	Mystery Masala — Shad Rasa (Six Tastes)	2 Q
5.3	A Stall of Super Food — Millets	1 Q
5.4	How Does Food Help Us? — Food Groups	2 Q
5.5	Say 'No' to Junk Food	3 Q
5.6	Make a Food Diary	1 Q
5.7	A Balanced Food Plate — Regional Thali	1 Q
5.8	Different Methods of Cooking	3 Q
5.9	Activities — Food Collage and Check the Label	3 Q

5.1 Food Festival — Dishes

Q1 If you had to organise a food festival in your school, which dishes would you like to include? Make a list.

Sample answer: I would include idli with sambhar, rajma chawal, mango lassi, aloo paratha, fruit chaat, and ragi laddus. I would also add one dish from each region — like dhokla from Gujarat and litti-chokha from Bihar.

5.2 Mystery Masala — Shad Rasa (Six Tastes)

Q1 Can you think of at least five ingredients or food items that match each of the six tastes — sweet, sour, salty, pungent, bitter, and astringent? Write them down.

Sweet: jaggery, sugar, ripe mango, banana, dates. Sour: tamarind, lemon, raw mango, imli, curd. Salty: salt, papad, pickles, salted chips, soya sauce. Pungent: green chilli, ginger, black pepper, mustard, garlic. Bitter: neem, bitter gourd (karela), methi seeds, coffee, turmeric. Astringent: raw mango, unripe banana, amla, spinach, pomegranate skin.

Q2 Discuss in small groups and identify the food items having at least three different tastes.

Sample answer: Ugadi Pachadi has six tastes — sweet, sour, salty, pungent, bitter, and astringent. Imli chutney has sweet, sour, and pungent tastes. Chaat has salty, sour, and pungent tastes. Raw mango has sour and astringent tastes, and when salted, it becomes salty too.

5.3 A Stall of Super Food — Millets

Q1 Find out more about a millet-based food prepared at your home.

Sample answer: At our home, bajra roti is made in winter. Bajra (pearl millet) flour is kneaded with water and rolled into flat rotis, which are cooked on a tava. Bajra is rich in iron and fibre and keeps the body warm — that is why it is eaten more in cold weather.

5.4 How Does Food Help Us? — Food Groups

Q1 Why do we need to eat different kinds of food items?

No single food contains all the nutrients our body needs. Eating a variety of foods provides energy, helps in body building (growth and strong muscles), and protects us from diseases. A mix of all three food groups keeps us healthy, energetic, and strong.

Q2 What will happen if we eat food from a single group of foods everyday?

If we eat from only one food group, our body will lack the nutrients provided by the other groups. For example, eating only energy-giving foods (like rice and wheat) without body-building or protective foods can weaken our muscles and make us fall sick more easily. A balanced body needs all three groups.

5.5 Say 'No' to Junk Food

Q1 Can you name a few more junk food items?

Candy, lollipops, instant noodles, fried snacks like namkeen, cold drinks, cream biscuits, ice cream, cotton candy, and packaged fruit juices with added sugar are a few more junk food items.

Q2 Why do you think we should avoid eating junk food?

Junk food contains high amounts of oil, salt, and sugar but very few useful nutrients. Eating it regularly can lead to weight gain, tooth decay, low energy, and poor health. It fills us up so we eat less healthy food, which means our body misses out on the nutrients it really needs.

Q3 List the junk food items that you will avoid.

Sample answer: I will avoid soft drinks, chips, burgers, instant noodles, candy, cream biscuits, and packaged fried snacks. I will replace them with fresh fruits, homemade snacks, and water.

5.6 Make a Food Diary

Q1 Create a food diary of your daily routine for a week. Write down what you eat in a day for breakfast, lunch and dinner. Encircle the healthy food items and put an 'X' mark for items that are not healthy. Identify the food groups missing in your daily routine.

Sample answer: Day 1 — Breakfast: Idli, sambhar, chutney (healthy); Lunch: Rice, dal, sabzi, curd (healthy); Dinner: Roti, paneer curry, salad (healthy). Day 2 — Breakfast: Bread with jam (X — junk), milk (healthy); Lunch: Rajma rice, pickle; Dinner: Khichdi, papad. Missing group on Day 2: protective foods (fruits and vegetables). I can add a banana at breakfast and a vegetable salad at dinner.

5.7 A Balanced Food Plate — Regional Thali

Q1 Find out a 'food thali' from your region, and list its food items.

Sample answer: A North Indian thali typically includes roti or rice (energy-giving), dal (body-building), two sabzis — one with vegetables and one with paneer or legumes (protective + body-building), curd or raita, a pickle, papad, and a sweet like kheer or halwa. This thali covers all three food groups — energy, body-building, and protective foods.

5.8 Different Methods of Cooking

Q1 Identify different methods used to cook the food items given in the list: idli, dosa, rice, sambhar, kheer, samosa, peda, gulab jamun, papad. One example — Idiyappam: steaming.

Idli: steaming. Dosa: roasting/pan-frying. Rice: boiling. Sambhar: boiling. Kheer: boiling. Samosa: frying. Peda: cooking on low heat (halwai method). Gulab jamun: frying (then soaked in sugar syrup). Papad: roasting or frying.

Q2 Do you help in cooking at home?

Sample answer: Yes, I help in cooking at home. I wash vegetables, mix dough, and sometimes help lay the table before meals.

Q3 Do you think all family members should know how to cook? Why?

Yes, all family members should know how to cook. Cooking is an important life skill — if one person is unwell or away, others can prepare food. Knowing how to cook also helps us make healthy choices and avoid wasting food.

5.9 Activities — Food Collage and Check the Label

Q1 Hands-on activity — Food Collage: Cut out pictures of food items and create a collage with three sections: energy-giving foods, body-building foods, and protective foods.

Activity guidance: Collect pictures of rice, wheat, banana, and potato for the energy-giving section. Use pictures of milk, eggs, pulses, and nuts for the body-building section. Use pictures of orange, spinach, carrot, and tomato for the protective foods section. Label each section clearly with its food group name.

Q2 Check the label: Pick up any one packaged food item from your kitchen. Check the label and note down the expiry date and two main ingredients.

Sample answer: I checked a honey jar. Expiry date: 07.03.2026. Two main ingredients: pure honey and no added sugar. The label also showed net weight of 400 grams and the packed date of 08.03.2025.

Q3 Why is it important to check labels before buying or eating packaged food items?

Checking labels helps us know what is inside the food, whether it is fresh (before the expiry date), and whether it contains harmful ingredients like too much sugar, salt, or artificial colours. Expired food can make us sick, and labels help us make safe, healthy choices.