



6

Food We Eat

Key Concepts

In this lesson, we will learn about:

- Foodgrains
- Pulses
- Fruits and Vegetables
- Types of Food



Warm-Up

Remembered Perception



What did you eat yesterday? Write it below.

_____	_____	_____
_____	_____	_____
_____	_____	_____

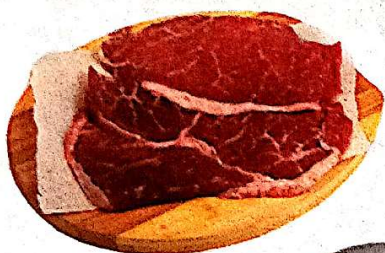
Some of the vegetables that are available throughout the year are potatoes, brinjal, cabbage, tomato, cauliflower, onions, lady's finger, etc.

Types of Food

People who eat meat, egg and fish are called **Non-vegetarians**.



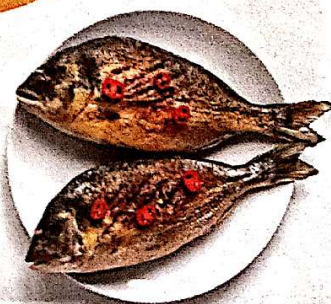
Meat, eggs and fish are also popular among a large section of Indians.



Meat



Eggs



Fish

People who do not eat non-vegetarian food such as egg, meat and fish are called **vegetarians**.

Those who live in the coastal areas of Tamil Nadu, Odisha, Kerala, West Bengal and Andhra Pradesh eat a lot of fish. They like to eat fish with rice.



Rejuggle

Mental Development

Rearrange the words correctly:

1. E W H T A

Wheat

2. N L J B R A I

Brinjal



Sense of duty



We should always finish our food. One should not waste food. Organise a food donation drive to collect non-perishable food items for local food banks or needy families.

Spices make the food tasty and colourful. Many of the **spices** are also grown in India.

The most

common spices are **chillies, cloves, turmeric and pepper**.



Oil is used for cooking food. Some of the popular oils used in India are **mustard oil, groundnut oil and coconut oil**.



Mustard Oil



Think and Do

Inference

What factors influence our food choices? Put a '✓' on them. Add to the list.

- Easy availability.
- What people can buy.
- Customs and traditions.
- _____

Spices: something used to give food a special, flavour and taste

Turmeric: a yellow powder made from the roots of a plant



Things I have learnt

- Rice and wheat are the most popular foodgrains of India.
- People who eat only fruits and vegetables are called vegetarians.
- People who eat fish, meat and eggs are called non-vegetarians.
- All types of fruits and vegetables are not available throughout the year.
- People who live in the coastal areas like to eat fish with rice.



Think and answer

A. Answer the following questions orally.

Communication

1. Name any one state of India where people like to eat fish with rice West Bengal
2. Name the two popular foodgrains grown in India. Wheat and Rice
3. Jammu and Kashmir and Himachal Pradesh are famous for which particular fruit? Apples

B. Tick (✓) the correct answers.

1. People in North India mostly eat
 - a. Rice
 - ☒ b. Wheat
 - ☒ c. Both of these
2. People in eastern and southern states mostly eat
 - ☒ a. Rice
 - b. Wheat
 - c. Maize
3. The most common spice is
 - a. Clove
 - ☒ b. Turmeric
 - ☒ c. Both of these
4. Jammu and Kashmir and Himachal Pradesh are famous for a variety of
 - a. Mangoes
 - b. Oranges
 - ☒ c. Apples
5. Nagpur is famous for
 - ☒ a. Oranges
 - b. Apples
 - c. Bananas

C. Fill in the blanks. Choose words from the box.

3
spices

4
Oil

5
mangoes

2
fish

pulses

1. Arhar, moong, urad and masoor are pulses.
2. People in coastal areas eat rice and fish.
3. Chillies, cloves, pepper, turmeric, etc., are popular spices used in food.
4. oil is used in making food.
5. Uttar Pradesh is famous for mangoes.

D. Match the following.

- | | | |
|------------------|---|--------------------|
| 1. Rajasthan | e | a. Oranges |
| 2. Eastern India | d | b. Rice and fish |
| 3. Coastal areas | b | c. Cooking oil |
| 4. Mustard | c | d. Rice |
| 5. Nagpur | a | e. Jowar and bajra |

E. Answer these questions.

1. Name the two most popular foodgrains of India.
2. What do non-vegetarians eat?
3. Why do we eat different dishes?
4. Discuss the factors influencing food habits of people. **HOTS**

F. Inquiry based question.

- Visit grocery stores and make a list of fruits that are available in summer season in state.



Do and learn

Direct Perce

G. Put a '✓' on the things that you eat often

oats	rice	maiz
wheat	barley	mill

H. What are the various dishes that can be prepared using rice and wheat?

