

**UNIT - 2**

**7. THE FOOD WE EAT**



Ravi has not been attending the school for the last two days. He came to school today. During lunch time, Ramu, Mary, Roja came to Ravi.

**Roja :** Ravi! Why have you not been attending the school for the last two days?

**Ravi :** I went to Nellore to attend my uncle's wedding. That is why I didn't come.

**Mary :** Oh! you went for your uncle's wedding. Did it go well?

**Ravi :** Oh! It was so nice. They served different dishes in the morning, afternoon and night.

**Ramu :** What did you eat in the wedding?

**Ravi :** Oh! I ate a variety of dishes.



Fill in the table with what dishes Ravi might have eaten in the marriage.



Morning	Afternoon	Evening	Night

Do we eat the same dishes everyday at home that are eaten in the weddings? Why?





What do you eat everyday at home? Fill in the table:

Morning	Afternoon	Evening	Night

### Why should we eat food?

Ravi woke up late. He hurriedly took bath and rushed to school. As he was getting late, he went to school without eating breakfast. Think, how Ravi would have felt in the school.

Have you ever attended school without eating food?  
How did you feel then?

When do you eat every day? What do you eat in the morning? What do you eat in the afternoon? Do you eat in the evening also? What do you eat in the night? Fill in the table with the particulars of the food you have eaten yesterday, the day before yesterday and today.

Days	Morning	Afternoon	Evening	Night
Today				
Yesterday				
The day before yesterday				

Do you know why we eat food? Every day, we do many types of work. We walk, play, run, fetch water and do so many work. We need energy to do all these and we need food for that.



### Where does the food we eat come from?

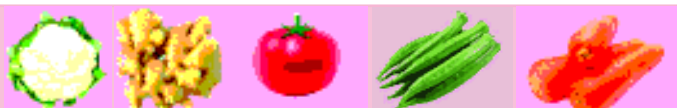
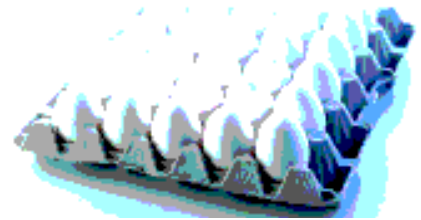
Do you know where does the food we eat comes from? We get vegetables and fruits from plants. Similarly, we get milk, eggs, meat from animals.

Look at the pictures in the next page. Say what they are. Circle the things that come from animals. Tick '✓' the things that come from plants.





What are the things that come from plants? What are the things that come from animals?





Ravi's mother served food. She served egg curry. Ravi asked his mother how she prepared the eggs curry. She replied that egg curry is prepared with eggs, green chillies, oil, turmeric, onions and tomatoes. Of these the eggs come from hen. The chillies, turmeric, onions, tomatoes come from plants. Observe the names of the food items given below. Tick '✓' the proper places where the items come from.

Food Item	Come from animals	Come from plants	Come from both
Rice			
Chicken biryani			
Dal			
Sambar			
Omelet			
Bitter gourd curry			
Potato curry			
Ghee			
Cake			
Bread			
Curd			
Milk			
Chutney made with curd			
Mango pickle			
Soup made with fish			
Chicken curry			





## Why do we eat cooked food?

You have learnt where the food comes from. Now let's learn about cooked food and uncooked food. Mary came home from school in the evening. Her friends Roja, Ravi and Ramu also came with her. She asked her mother to give something to eat. Mother asked them to take the eatables they wish from the cupboard.



What eatables Mary might have seen in the cupboard? What eatables Mary might have eaten?

Food items seen	Food items eaten

Which of the above items you like? Name them.



Every day we eat different food items like rice, dal, curry, green gram, milk, ground nut etc; of these some are eaten after cooking and others are eaten without cooking (raw).

Fill in the table with the food items that you eat after cooking and without cooking.

Food items eaten with cooking	Food items eaten without cooking





We cook and eat certain food items. Some food items can be eaten without cooking. Discuss why some food items should be eaten cooked only. Think ...

The food gets soft and tasty when we cook. The cooked food is easily digested. Some food items cannot be digested when they are eaten raw. The nutrients will be lost, if the food items are over cooked.



### Which utensils are used to cook?

We need cooking utensils to cook rice, dal, curry and others. What cooking utensils are there in your house?

Observe the picture given below. Different cooking utensils are hidden in the picture. Fill the dotted vessel with the colour you like. Say which utensils are seen after colouring.



Which cooking utensils are seen? Name them. What do we do with them?





Some of the cooking utensils seen in the above picture would be there in your house also. Write their names in the table.

Name of the cooking utensil	Purpose or usage



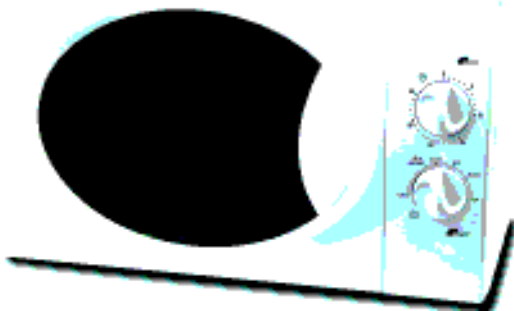
Have you ever seen the cooking utensils given below? What items can be cooked using them? Find out and tell.



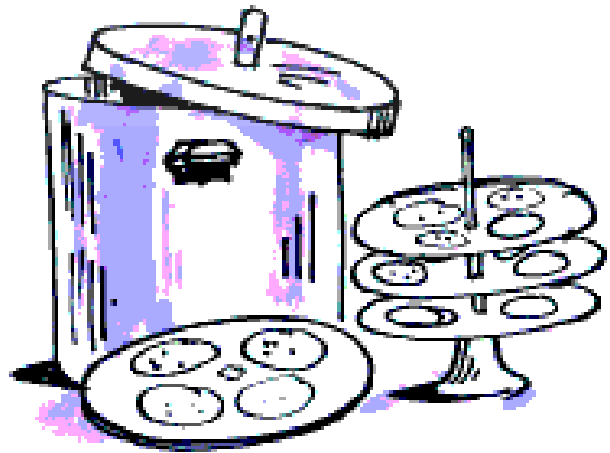
Electric cooker



Induction stove



Microwave oven



Steam idly cooker



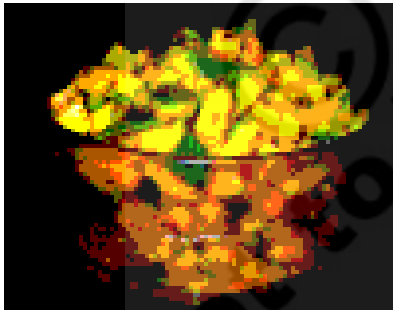


## Are all the food items cooked in the same way?

Nikhil went into the kitchen. His father was cutting brinjal. He was putting the cut pieces into a bowl of water. "What are you cooking with brinjal, dad?" asked Nikhil. Father replied that he was cooking brinjal curry. Nikhil helped his father in cooking. Father asked Nikhil to wash the vegetables. Nikhil washed them thoroughly with water. Father prepared the curry by cutting tomatoes, chilles, coriander leaves into small pieces. Think, how Nikhil's father cooked brinjal curry.

Findout and discuss how the brinjal curry is prepared in other houses.

All food items are not cooked in the same way. The cooking methods would be different for different food items. Observe the food items given below. Find out and tell how they are cooked.



The food items like rice and dal are boiled. Snacks like bajji and samosa would be fried in oil. Corn, chapathis and meat would be heated on burning coal. Idlies are cooked on steam. Mango pickle, curd chutney would be prepared without cooking. Different food items are prepared through various methods. Find out how various food items are prepared in your house.





### Do you know?



- All vegetables should be washed thoroughly before cooking.
- If we wash them after cutting, the nutrients would be lost.
- Rice should not be washed a lot before cooking.
- The water should not be thrown after the rice is cooked. If we do this all nutrients would be lost.
- Daily meals should contain pulses and leafy vegetables.
- Pulses, vegetables and meat should not be over cooked.
- Carrots, beetroot, radish, cucumber, onion, coriander leaves, Mint (pudina) etc. can be eaten raw.

### Key words

1. Food
2. Cooked food
3. Uncooked food
4. Digestion
5. Cooking utensils
6. Nutrients

### What have we learnt?

- ★ Food gives us energy.
- ★ We get food from plants and animals.
- ★ We eat some food items cooked and the others raw.
- ★ All the food items are not cooked in the same manner.
- ★ Food gets tastier when it is cooked. Cooked food is easily digested.
- ★ All food items are not cooked in the same way. The food items are cooked either by heating, boiling or frying. Different cooking utensils are required to cook food.
- ★ Nowadays cooker, oven etc., are used for cooking.
- ★ Leafy and non-leafy vegetables should be washed thoroughly before cooking.



**DO THIS**



**Conceptual Understanding**

1. What would happen if we do not eat food?
2. Give examples for the food items that are eaten raw.
3. Fill the table by classifying the following.

Poori, sapota, dates, eggs, chicken, lady'sfinger, fish, almond, sugarcane, brinjal, orange, payasam, lemon juice, mango, kanda gadda, bachchali, spinach, coriander, cashewnut, redchilly, banana, guava, watermelon, potato, onion, aurum(chema gadda)

Eaten by cooking	Eaten without cooking

4. Which food items are eaten both, cooked and raw?
5. Name the food items prepared with rice and wheat.
6. List out the cooking utensils in your house?



**Draw and Colour the pictures**

1. Which cooking utensils are used at your home? Which utensil is used to cook curries and bajjies? Draw their pictures.
2. Draw the pictures of fruits you like and colour them.





### Information Skills - Project work

1. Ask any three of your friends and collect the information on what food items they ate yesterday morning, noon and night. Fill the table with the particulars.

Sl.No.	Name of the friend	Food items eaten in the morning	Food items eaten in the afternoon	Food items eaten in the night

- ◆ What are the common food items eaten by all?
- ◆ Which food item is eaten by most at night?
- ◆ How many did not eat in the morning?

2. Observe how the food items rice/dal/curry.... are cooked at your home. Write the procedure on a chart and exhibit it in the classroom.



### Ask a Question.

1. Mary visited Rajani's house. She saw Rajani's mother cooking. Mary asked Rajani's mother about cooking. What questions she might have asked? Rajani's mother gave different suggestions regarding vegetables. What suggestions she might have given? List out questions and suggestions.



### Can I do this?



- |  |        |
|--|--------|
| 1. I can explain the need for taking food.                               | Yes/No |
| 2. I can classify the food items into cooked food and uncooked food.     | Yes/No |
| 3. I can draw the pictures of different cooking utensils and vegetables. | Yes/No |
| 4. I can explain the process of cooking.                                 | Yes/No |
| 5. I can explain how the food can be cooked without losing nutrients.    | Yes/No |
| 6. I can ask questions about food items.                                 | Yes/No |

