

4



NUTRITIOUS FOOD



4.1. Varieties of food items

We get energy from the food we eat everyday. Food helps us to grow and maintain good health. So, let us see what Navid, Aruna and Sagar eat daily.

Navid eats (takes) rice with pickle, chilli powder and oil. He drinks milk rarely and has fruits, vegetables and leafy vegetables only occasionally. Sometimes he buys junk foods from the shop and eats.



Aruna likes to eat the food available in the market

like chips, mixture, biscuits, ice-creams, bread-jam, noodles etc., daily. She eats these items more like food. She does not prefer eating rice, vegetables, fruits, leafy vegetables and pulses (dals).



Sagar eats different varieties of food such as vegetables, cereals, eggs, leafy vegetables, fruits etc. He eats home made ground nut laddus and gingeily (sesame) laddus. Besides these, he eats sprouts (germinating seeds) and raw vegetables. Boiled or fried groundnuts, green grams, Bengal gram, jowar chapatis are eaten as food in his house. Ragi malt is also used as food by them.

Group work

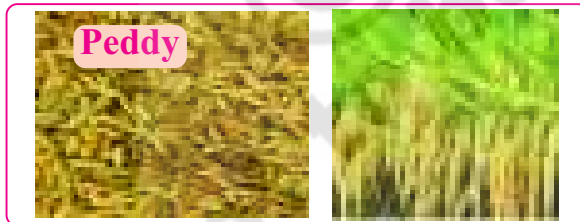
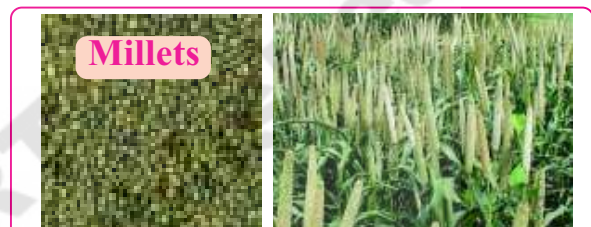


- ◆ Why Navid eats his food with only pickles?
- ◆ Are the food habits of Aruna good for healthy life? Why?
- ◆ Among the above mentioned three children, Whose food habits are similar to your habit?
- ◆ Among the above three, whose food habits do you think is correct? Why?

Our health depends upon the type of food we eat. Everyday we should eat all types of food items. We should eat the food which helps us to grow, gives energy, to be healthy and which develops immunity against diseases. Do you know what all are present in the food items we eat?

4.2. Energy giving foods - cereals, millets

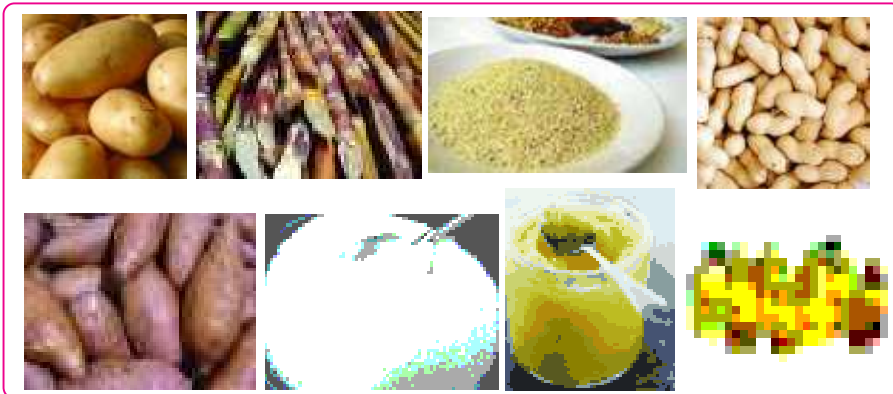
Paddy, wheat, jowar, maize, ragi, millets are called chirudhanyalu. These food items give the necessary energy to our body. We need energy to grow, to work and also for our different body organs to work. The foods which give energy are called 'Carbohydrates' or starch. Chirudhanyalu contain more of starch. Nutrients like proteins, vitamins, minerals salts are also present in little quantity. Let us see the pictures of the food items given below. In which food items carbohydrate is present.



Group work



- ◆ From the above given pictures, which food grains you do not know?
- ◆ Which food items are prepared from the grains given above?
- ◆ Which grains are eaten in your house?
- ◆ Why has the usage of ragi, jowar and other millets decreased?
- ◆ Why do we use mostly rice, wheat or jowar?

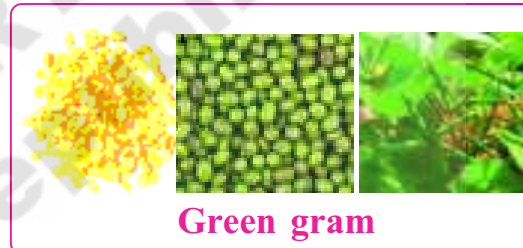


Potato, sugar, jaggery sweet potato, varieties of fruits also contain nutrients that give us energy. Butter, ghee and oils contain more amount of fats. Fats also give us energy. Fats are stored in our

body and make us fat. The energy stored in the form of fats gives us extra energy when needed by the body.

4.3. Food substances useful for growth - pulses, milk, eggs - (growth foods)

Bengal gram, green gram, black gram, chick pea, peas etc are pulses. Along with this milk, eggs, meat also help in physical growth. These are called as growth foods.



Group work



- ◆ Which items do you know in the picture given in the previous page?
- ◆ Which food items are prepared from them? Do you like them? Why?
- ◆ Which pulses (dals) are used in your house? What do they prepare with them?
- ◆ Everybody can not take eggs, milk and curds as food daily. Why?

Always some cells die and are replaced by new cells in our body. When we get injured new cells are formed to heal the wound. Nutrients called 'Proteins' are essential to heal the wound. These proteins are found in pulses (dals). Apart from proteins, pulses also contain starch, vitamins and mineral salts in minute quantities. In foods like fish, eggs, meat and milk abundant proteins are available. Milk contains calcium which helps in the growth and strengthening of bones. Hence, we should see that the food which we are taking includes pulses, milk and eggs.

4.4. Food that keeps us healthy - fruits, vegetables - health foods

Vitamins are necessary to make use of the carbohydrates and proteins eaten by us. Mineral salts like iodine, phosphorus, calcium, iron combine with proteins and form a part of our organs. Iron is found in the blood, calcium, phosphorus are present in bones and teeth. Vitamins are found in sprouts (germinating seeds) and also the food items soaked over night in water (idli, dosa....) vitamins and mineral salts are necessary for our body and are found abundantly in fruits and vegetables.



Think and say...

- ◆ Which fruits and vegetables did you eat since the last week?
- ◆ Which raw vegetables do you eat?
- ◆ Write the names of the fruits which you did not eat so far?
- ◆ Write and say the reasons as to why you do not eat fruits daily?
- ◆ Write the names of the fruits and vegetables available in your locality that you need not buy from outside?
- ◆ Which food substances give resistance against diseases?

Compared to carbohydrates and proteins, vitamins and minerals are needed, in very small quantity for our body. But they are essential to our body. We fall sick, if they are not become part of our food. They fight with the diseases i.e. they give resistance against diseases.

4.5. Significance (Importance) of food

4.5.1. Food - health

Rashmi's age is 5 years



But Rashmi looks like a three-year old girl.

Her hands and legs are thin. Her belly (stomach) is like a pot. She falls ill very often. She always looks tired. She can not go to school regularly. She

does not have energy even to play.

Food

It is very difficult to get proper nutritious food.

Kailash's age is 7 years

Kailash appears to be older than his age.

He is fat. It is difficult for him to run and walk. He can not do his routine work actively. He spends most of his time watching television.

Food

Does not prefer to eat home-made food like rice, vegetables, dals and chapati. Eats chips, burger, pizza and likes cool drinks.



Think and say...

- ◆ Why are Rashmi and Kailash like that? What foods should they eat if they want to become healthy?

4.5.2. Suitable nutritious food

We have come to know about Rashmi and Kailash. Kailash does not like the food cooked at home. On the other hand, it is difficult for Rashmi to get food. More than half the children in India do not get the required good, nutritious food, necessary for their proper growth. Think, why their condition is like that? These children are very weak and very often fell ill. Every child has a right to get the proper nutritious food. For this purpose, the government is implementing, 'Mid-day-meals' program in all government schools and made arrangements to provide nutritious food to all the school going children. Every child must eat mid-day meals in the school. Government has given the 'Menu' which contains the food items supplied to the children daily. They should follow the menu. Parents and teachers should see that the lunch is provided as per the menu.

Think and say...

- ◆ What do they serve for lunch in your school?
- ◆ Are you getting all types of food, materials in your school?
- ◆ What is your opinion about the Mid-day-meals in your school?

Group work

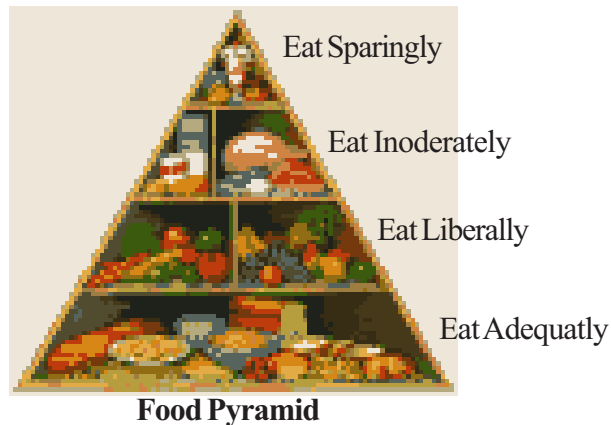


- ◆ Write about the food items you had last week in your house in the table given below.

| Day | Food items taken in your house | that give energy | useful for growth | to maintain good health |
|-----------|--------------------------------|------------------|-------------------|-------------------------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

- ◆ Which food items are served often?
- ◆ Whether you take more growth foods??
- ◆ Do you think that the you take is nutritious food?

We feel hungry everyday. That means our body is reminding us that we need food. Our body needs carbohydrates, proteins, vitamins and mineral salts. We need food material (items) that contains all the nutrients. Such food or diet is called a balanced diet. Any one type of food item does not provide all the required nutrients. For this purpose we should eat the food that contains various types of cereals, millets, pulses, vegetables and fruits everyday. The food that is eaten gets digested. The useful part of the digested food reaches the blood. This digested food reaches all parts our body through the blood. Hence, the body gets energy. This helps in body building (growth of the body) and also in maintaing good health. We become healthy by the food we eat. That is why we should eat the food that contains all the necessary nutrients.



Think and say...

- ◆ What happens if we do not eat all types of food. (items)?

Do you know?



A medium sized tomato contains 1.08 gms. of protiens, 1.5 gms. of fibre. Minerals like potassium, phosphorus, magnesium, sodium etc. are available abunduntly. Along with these, Vitamin A, Vitamin B₂, B₆, Vitamin E, Vitamin K and other Vitamins are also present in plenty.

Our body parts get swollen, if the nutrients required for the growth of the body are not taken. Face gets swollen. Children will not be active in studies and in playing games. They would look tired. Their hair also would become pale.

Hands and legs become thin if we do not eat the food that give us energy and also the foods that help in growth. Belly gets swollen. Ribs can be seen clearly.

Body growth and development is retarded if the necessary nutritious food is not taken. Brain does not develop properly. Thus, physical and mental development is retarded. Neither we can study nor play well.

Some children throw away vegetable pieces and curry leaves from the curry served to them in the mid-day-meals. Most of the children prefer to eat their food with pickles brought from home. These children are thin and weak. Such children fall ill very often. They do not grow properly and remain short and weak.



Some children do not like to eat the food cooked at home. They eat junk food (unhealthy snacks) mostly and they become fat. They suffer from health problems. A three - legged stool can not be in its standing position, if one of its leg is broken or missing, it falls immediately. In the same way, energy giving foods (carbohydrates, fats, oils), growth foods (proteins). Foods that help in maintaining good health and (fruits, vegetables) must be present in the food take.

4.5.2. What should we eat?

The food habits followed from the good old days in our houses are of good nutritious value and helpful to maintain our body's health. Now-a-days people are getting used to eating ready made, instant foods. This leads to less in take of nutrition. Jowar corns (popcorns) boiled or fried Ulavalu, bengal gram, round gram, bobbarlu, semi fried jowar spike, ground nuts are beneficial (helpful) for health. Like wise, ragi or jowar chapathis, hand-pounded rice, boiled jowar, laddus made of black gram, ground nuts, gingelly, cooked ragi etc. are the foods containing good nutritive values. They are tasty too! We should take care that the food we eat are enriched with them. Intake of fresh and low cost leafy vegetables, vegetables and fruits is necessary for good physical and mental development.

Think and say...

- ◆ Which food items support for body growth?
- ◆ Which items keep us away from diseases?

4.6. Junk foods

While going home from school, children purchased some eatables from a shop. They purchased some other eatables from another shop and went to their houses. Discuss about the eatables that were purchased in the shop and eaten by the children.

Group work



- ◆ Write the names of the junk foods (edibles) available in the shop and eaten by you.
- ◆ Which items do you like to buy and eat? Why do you like them?
- ◆ How many days can these items be stored?
- ◆ Which items you, do not know from the picture given below.



Think and say...

- ◆ Have you eaten any of the above food items? Do you know about the preparation of any of the above junk foods?
- ◆ How many days can they be stored?
- ◆ Are the junk foods healthy?
- ◆ Junk foods, cool drinks cause harm to our body. Then why are they available in the market?

Cool drinks are harmful to our body - Try to know how they spoil your health. It is healthy to drink lemon juice, butter milk, coconut water, fruit juices and milk.

Machines are used to prepare the items given in the above picture. In order to store them (preserve them) for a longer duration, chemicals are used heavily. They add salt, chilli powder and sugar to make them tasty. To make them attractive they add artificial colours. They lose their natural nutrients by doing so. These are

wrapped and packed in colourful packages. Many people like them as they are tasty, attractive and supplied in beautiful packets. We do not get the required nutrients by eating such junk foods. Generally, junk foods fried foods contain only calories (carbohydrates) rather salt and oil they cause harm to our body. So, it is better to avoid them, than become fat by eating such foods. This problem is faced by people all over the world.

Keywords

| | | |
|--------------------------|------------------|----------------------|
| Nutritious food | Junk foods | Maintain good health |
| Carbohydrate or Starches | Traditional food | Children's right |
| Proteins | Energy | Fat (Obesity) |
| Junk foods | Growth | Mid-day meals |
| | Immunity | Vitamins & minerals |



What have we learnt?



1. Conceptual understanding

- What is meant by nutritious food? Why should we take it?
- Write two examples for each - foods which give us energy, health, helpful for the growth of the body.
- What is the difference between carbohydrates and proteins?
- Junk foods should not be eaten. Why?

2. Questioning and hypothesis

- Raju's mother prepared vadas with millets(Sajjalu). Raju learnt about Sajjalu. What questions he might have asked?
- Kiran is lean (thin) and weak (tired). He does not participate actively in games and studies, he falls ill very often. Why does it happen?

3. Experiments - field observations

- Learn about the preparation of fruit salad from your elders and write its preparation in order.

4. Information skills, projects

- ◆ Ask 5 of your friends about the food they eat, what nutrients are available from them. Put a tick '✓' below

| S.No. | Name of your friend | Food Taken | Nutritive substances received | | | |
|-------|---------------------|------------|-------------------------------|---------------|------|----------|
| | | | Proteins | Carbohydrates | Fats | Vitamins |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

5. Communication through mapping skills, drawing pictures and making models

- Draw the food items from which we get proteins, carbohydrates and mineral salts.
- Draw a food pyramid

6. Appreciation, values and creating awareness towards bio-diversity

- Neelima went to the bakery with her uncle. He asked her to buy any one of burger, pizza and curry puff. But, Neelima said that they are not good for health and she does not want them. Write a few lines appreciating Neelima.
- Why should we preserve / protect all types of cereals and millets.

Can I do this?

- I can explain about the necessity of nutritious food. I can say what are present in different food substances. Yes / No
- I can define nutritious food and give examples for nutritious food items. Yes / No
- I can explain the preparation of fruit salad. Yes / No
- I can give a talk about the food items taken by my friends and the nutritive substances present in them and I can also write and explain these facts in a tabular form. Yes / No
- I can draw the food pyramid and explain its importance. Yes / No
- I can highlight the importance of cereals and millets and also give information about the harm caused by junk or fried foods. Yes / No