

Last night, I ate a *chapati* made of *bajra* with jaggery (*gur*).

I cooked *dal* and *rice*.

Yesterday no food was cooked in my house.

I went to the *gurudwara* with my grandmother for the *langar*. We ate *dal* and *chapati*.

Ammi had cooked *kheer* and *poori* which I don't like. So I ate an *chilla* instead.

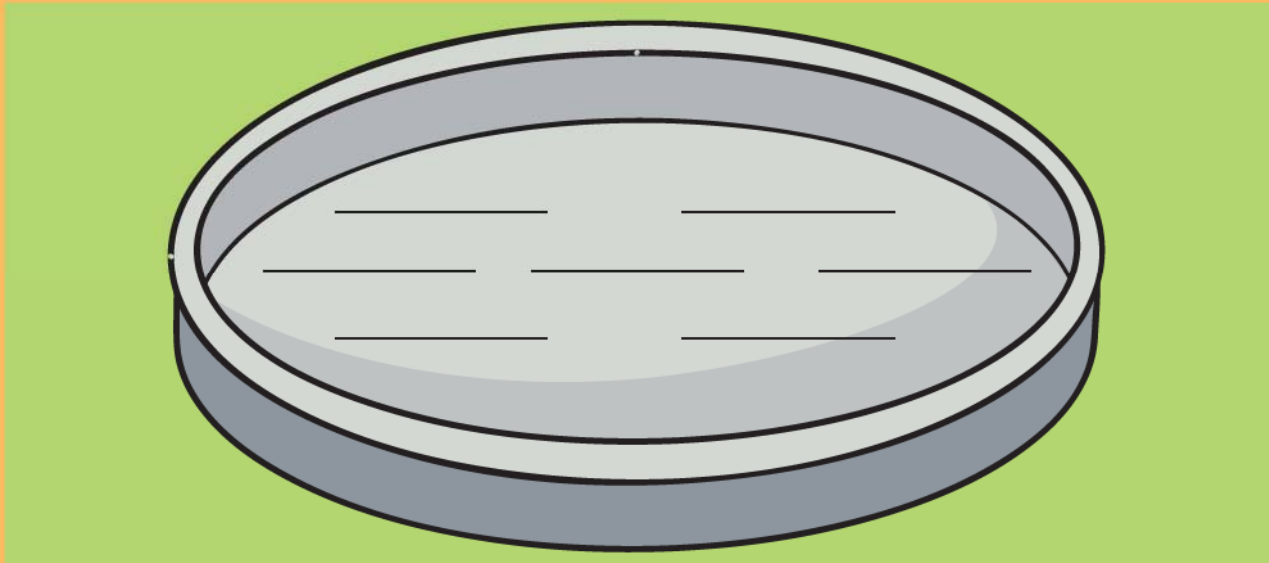
My mother cooked *idli*. I ate lots of it. It was really tasty.

My mother brought *dabeli* for us from the house where she works. We enjoyed eating it.



## Remember and Write :

What did you eat yesterday ? Write it on the plate shown below.



## Think and Tell :

- \* How do you know that you are hungry ?
- \* Has it ever happened to you that on some day you were very hungry but there was nothing to eat? If yes, why ?
- \* You must have noticed that in the picture there is one child in whose house no food was cooked. What could be the reason ?
- \* Did all the children in the class eat the same food items yesterday? Why ?
- \* Now on the blackboard write the names of all the food items that you have written on your plate.
- \* What would you do if you had nothing to eat and you were hungry ?



It is important to develop a rapport with children and create an environment where they can express themselves freely and their views are heard with tolerance. By knowing about what others eat we become more aware and lose some of our inhibitions regarding different food habits. This will help us to understand others better.

## Vipul's family

There are four members in Vipul's family. There are some members who do not eat what Vipul eats. Do you think these people 'do not eat' or 'can not eat' what Vipul eats ? Why should this happens ?

**Let us read about Vipul's family.**

While returning home from school, Vipul bought a *bhutta* (corn on the cob).

He reached home and asked his mother; Where is Munni? I want to see her.

His mother replied; Munni is in the room upstairs.

Vipul caught his grandmother's hand and said; You also come upstairs with me. His mother stopped him; I have soaked *Ba's chapati* in *dal*. Let her first have her meal.

Have you put sugar in the *dal* ? – said *Dadi* to Vipul's mother.

I have tasted the *dal*. It has been prepared well; replied Vipul's mother.

Vipul picked up his grandmother's plate and ran upstairs. He asked her to follow him quickly.

When I was of your age I could run up a hill in the same time; said *Dadi*.

Vipul gave the *bhutta* he was eating to his *Mami*, washed his hands and lifted little Munni.

Suddenly Munni started crying. She is hungry; said *Mami*. She sat down to feed Munni.



### Think and Write :

\* Why was *Dadi* not able to climb the stairs quickly ?

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\* How does *Dadi* like to have her *dal* ?

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\* Which kind of *dal* do you like ?

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- \* How many person in the story can eat *bhutta* easily and why ?

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- \* Can all old people eat *bhutta*? Why ?

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- \* For four months Munni will have only her mother's milk. That is her only food. Why ?




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### Ask and Write :

What they can eat		What they cannot eat
	Child	<input type="text"/>
		<input type="text"/>
	Young	<input type="text"/>
		<input type="text"/>
	Old	<input type="text"/>
		<input type="text"/>

So this was about things that we can or can not eat. Do we eat all the things that we can eat ? Not always.

Let us talk about those things that we do eat.



Put ○ on the things that you like to eat often most.

rice	wheat	barley	gram
maize	millet	kappa (tapioca)	ragi

Most of our food is made of different things. Depending on what grows easily at which place, different things are eaten at different places.

Find out where each of the above things is eaten more.

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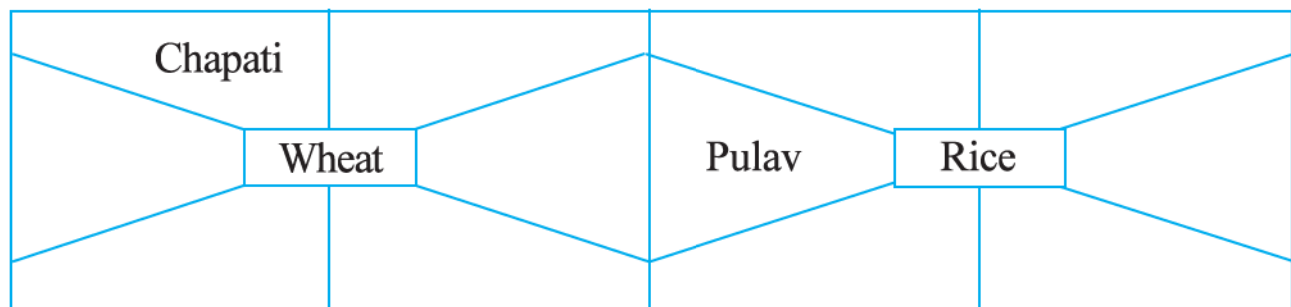


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We not only eat different things but we also use the same things to prepare a variety of food items.

Find out and write what all can be prepared from rice and wheat.



How many things can you write ?

Similarly, different pulses, vegetables, fruits, meat etc. are eaten in different places. People have different likes and dislikes. Let us talk about it.



### Think and Write :

Write the names of three food items you like to eat and three that you dislike.

Like




Dislike





### Think and Tell :

- ◆ Are your likes and dislikes similar to that of your friends ?
- ◆ Are your likes and dislikes similar to that of your family members ?
- ◆ Which members of your family have different liking ?

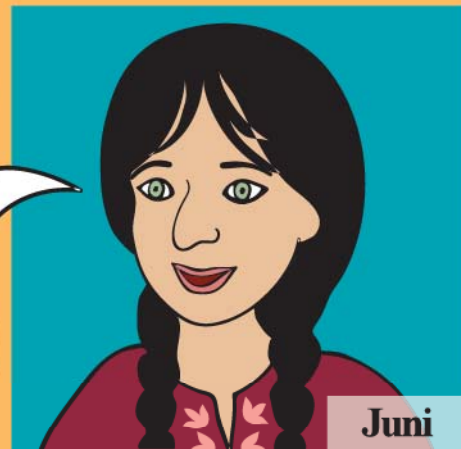


Let us know what people like to eat –



I live in Valsad. My mother and I both love to eat *umbadiyu*. Whenever we feel like eating it, we go to our farmhouse and eat '*umbadiyu*' like *undhiyu*.

I live in Kashmir. I like fish cooked in mustard oil. Once we had gone to Goa. We ate fish there but it tastes very different. My mother said that it was sea fish cooked in coconut oil. It had to be different.



I live in Kerala. I really like to eat two items. Both grow in our courtyard. One grows on a tall tree and the other underground. It is great to eat boiled tapioca with any curry made using coconut. It tastes very good.



Discuss cultural diversity in food by sharing their family experiences and respect them.

What are the reasons that decide what we eat? Put a '✓' on them. Add to the list.



### Think and Write :

- ◆ What is easily available ?
- ◆ What can we buy ?
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_
- ◆ \_\_\_\_\_



### Remember and Write :

- \* Names of some things are given below.

Put a ☒ on the things that can be eaten. If you are not sure about anything you may ask your teacher.

Banana flowers	<input type="checkbox"/>	Hen's eggs	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>
Drumstick flowers	<input type="checkbox"/>	Leaves of <i>Arvi</i>	<input type="checkbox"/>	Meat	<input type="checkbox"/>
Mushroom	<input type="checkbox"/>	Rat	<input type="checkbox"/>	Seeds of onion (Kalonji)	<input type="checkbox"/>
Lotus stem	<input type="checkbox"/>	Fish	<input type="checkbox"/>	Crab	<input type="checkbox"/>
Red ants	<input type="checkbox"/>	Frog	<input type="checkbox"/>	Grass	<input type="checkbox"/>
Leftover chapati	<input type="checkbox"/>	<i>Amla</i>	<input type="checkbox"/>	Coconut oil	<input type="checkbox"/>
Camel's milk	<input type="checkbox"/>	<i>Rotlo</i> (made of Bajra)	<input type="checkbox"/>	<i>Chapati</i>	<input type="checkbox"/>

- \* Write the names of some food items that you have never eaten before but feel like eating.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>