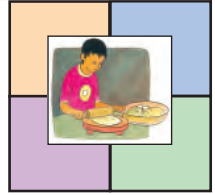


12 The Story of Roti



Sheela started to have food. Seeing round - shaped chapatis in her plate, she questioned to herself as to how a chapati is made. How does the air go inside it? She asked these questions to her mother.

Mother said “A chapati is made of flour. The flour is kneaded. Then the kneaded flour is divided into small balls. This is called “Loi” . Now the Loi is pressed with a “rolling pin” in round shapes. Now the Chapati is kept on a tawa and roasted.



Sheela asked - “Where does the flour come from?”

Mother told - “The flour is made of wheat. The wheat is ground in a mill.”

Sheela had more questions like, “From where does wheat come?”

Mother told Sheela, “You find out these answers yourselves.”

Help Sheela to find the answers to her questions.

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.....

Who's Chapati is round?

Whenever “Chapatis” are made in your house, go to the kitchen with your mother. Ask your mother to teach you how to make Chapatis. Now tell -

Could you make Chapatis round?

.....

Did your Chapatis puff up?

.....

What can be the reasons of a Chapati's puffing up or not puffing up? Find out and tell.

.....

.....

What is the problem in making Chapatis when the flour is very wet?

.....

.....

What more from wheat

Many more things are made of wheat, for example – “Suji”, “Dalia”, “Maida” etc. Many dishes are made from these things also.

Besides “Chapatis” what is made of wheat ?

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Besides wheat, from which grains, are chapatis made. Find out ?

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What is the difference between a Chapati made of “Wheat” and a Chapati made of rice?

.....

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Different Likings

Monu likes “Puris” made of wheat while Rani likes “Suji Halwa”. Now find out -

How is Halwa made? What things do you need for this?

.....

.....

How is a Puri made? What things are needed for this?

.....

.....

What things made of wheat do you like ?

.....

.....

Mid - Day Meal

You get mid - day meal in your school. What do you get to eat? Fill in the table

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Tell something about mid-day meals.
At what time is it given?

.....

Who cooks it?

.....

Where do you sit to eat it?

.....

Who serves it?

.....

What did we learn?

Oral

1. Name any five grains which are grown in the field?
2. What are the things made from wheat?

Written -

1. Name various steps from the sowing of grain / pulse to its use.
2. Describe the process of making Chapati from flour?
3. How is Dalia made?
4. Mark (✓) mark before the correct answer.
 - (i) Who grows grains in the field -
 1. farmer
 2. potter
 3. blacksmith
 - (ii) Suji is made ;
 1. of tuar dal
 2. of wheat
 3. from pea
 - (iii) The grains are sold;
 1. at Mandi
 2. in the garden
 3. in the school

Find out and do

1. In the earlier lesson you learnt about the journey of rice from field to Mandi. Now find out the journey of wheat from field to your house in form of chapatti.