

1 *Our Food*

Fig. 1 : Variety of food

If any one asks you about your favourite food item, what will you answer? The list may include several things like laddu, biryani, idly - sambar, vusullu-borugulu, cheese, dal, brinjal curry and so on. But if you are asked about the components, and their sources and how they have been cooked, then, it may be difficult for you to answer. Generally we take interest in eating food and don't bother about other things, like what material we need to prepare brinjal curry or borugulu? How can idly be made soft? We take food for our health and energy. But we should know the materials required for preparing the food we eat. This type of information is very important. So, we will discuss about the ingredients, processing and sources of food in detail in this chapter. Observe the following food items and name them.





Fig. 1 Variety of food

Activity-1: Finding variety in our food Every day we eat different types of food from morning to night. What did you eat yesterday? Make a list. Also discuss with your friends and collect information about what food they had eaten yesterday. Record the information in table 1.

Table 1 - What did I eat

Name of student	Food eaten
Ashok	Rice, dal, milk, vegetables, jam, idly, bread
Neelam	Biryani, Chilli Chatni, Roti

• Are there any common food items in the list of yours and your friends'? • Count the number of food varieties you have listed in the table? • Do all the students eat the same type of food items?

• What food is served in your school at midday meal?

We eat different types of food material daily but some food items like rice, dal and vegetables are common in the daily menu in large parts of Andhra Pradesh. On special occasions we eat a larger variety of food.

Food ingredients

Activity-2: Many things are needed to prepare food

Srinivas wants to eat something special on Sunday. He asked his mother to make biryani. Srinivas wanted to help his mother. His mother asked him to prepare a list of materials which would be required to make biryani. Here is the list made by Srinivas - rice, salt, jeera, tomato, potato, onion, etc. Help Srinivas if he had missed any material and complete the list.

Srinivas was surprised that while cooking boiled rice we need only two materials, raw rice and water. But for making biryani we need many materials.



Fig. 2

List out some food items you like to eat and try to find out what materials are used to prepare them (Table-2).

Table 2 - Ingredients of some food items.

S.No.	Food items you like	Required ingredients
1.	Payasam	
2.	Chicken curry	
3.	Pallikaram	

To make different kinds of food we need different materials. These materials which are required to prepare food are known as ingredients. When you purchase packed food, biscuits or any cold drink, you will find their ingredients written on their packets. Have you ever thought from where these ingredients come? Yes, it will be easy for you to say that we get vegetables and fruits from plants; eggs, milk, meat from animals. Is there any other source you can think of? Some ingredients have been listed below. Find out the source of each ingredient; if it is a plant mark (P) or an animal (A), or something else (O).

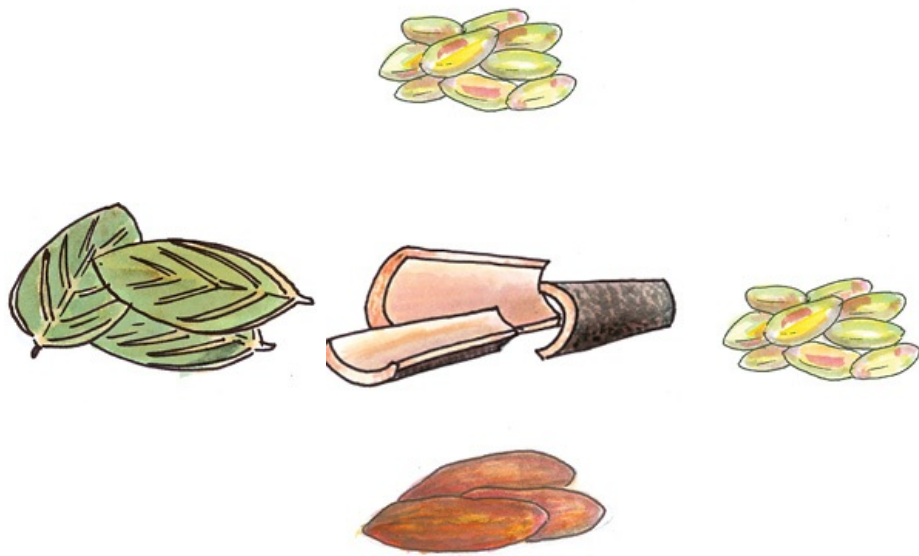
Name the plant or animal also. You can take the help of your friends or elders.

Table 3 : Who gives us food

Ingredients	P or A or O	Name of plant or animal
Cooking Oil
Honey
Chips
Turmeric powder
Salt
Dough
Meat
Rice
Eggs
Sugar
Peanuts

Try to enrich this list as much as you can. You will find that from animals we get milk, eggs and meat. If you observe carefully you will notice that there are a number of animals from which we get different kinds of food. Goats and sheep give us meat. Hens and roosters are used as meat (chicken). Can you elaborate this list? In plants we eat different parts, like leaf of spinach and coriander plant, flower of cauliflower plant, fruit of tomato and drumstick plant. Table salt is a mineral and obtained from the sea. In later classes you will learn about the components of food. Can you identify which part of the plant is eaten by us in the given table? You can also discuss with your friends





(Fig.-3).

Do you know?

To make biryani or kheer, we use different types of ingredients such as ilaichi (cardamom), lavang (clove), dalchini (cinnamon), biryani leaves, pepper etc. They are called condiments (sugandha dravyalu / fragrant material). Cashew nuts, almonds, kismis (dried grapes) etc are also used. These are dry fruits. Condiments and dry fruits grow in particular places only. They are not available in large quantities. They are expensive.

Now look at table 4 and try to fill it as shown.

Table 4 - Eat me/eat me not!

Name of plant	Parts that we eat
Fenugreek (Menthulu)	Leaves, seeds
Mustard (Avalu)	
Sugarcane	
Carrot	
Onion	
Cabbage	
Asafoetida (Inguva)	

- Which parts of the plants do we generally use?
- Do we also use flowers as food? Which plants are these?
- Is there any plant which whole body is eaten?

We use various parts of plants for our food. Leaves, roots, seeds and fruits of plants are widely used whereas stems and flowers are not so widely used. We need several ingredients to cook different types of food. Whatever may be the source of ingredients - plants, animals or minerals, we use some in plenty but

others are needed in only small quantities. Why is it so?

How people develop food habits?

People living in one region usually share common food habits. You might have seen paddy fields near your village. In our state geographical and climatic conditions are more suitable for growing rice so we produce more rice. Even though farmers grow various types of food crops we generally use paddy. A variety of food items are prepared using rice. We eat more rice and rice products as compared to other cereals like wheat or maize. But in Rajasthan, maize, bajra and wheat is produced more than rice. So the main food in Rajasthan is chapathi or roti.

Many times we hear people saying that "I like this curry ". "I don't like that". This is not a good food habit ,you should make a habit of eating all varieties of vegetable food items. This makes you strong and energetic.

Different methods of preparing food

Preparing food is an extremely important art, essential for life. There are many ways of preparing food. Rice is boiled but idly is not made in the same manner. (For making idly, rice and dal are fermented, followed by steaming.) Potato chips are fried in oil. Some processes have been mentioned in Table 5. Fill in the food items.

Table 5 - Processes involved in making food

Method of preparing food

Boiling
Steaming
Fermentation
Roasting
Deep Frying

Food items

potatoes, eggs....
Idlees....

Chicken ...
Fish ...

Method of preparing food

Shallow frying
Chopping and mixing
Cutting and mixing

Food items

In table 5, you can also add any other methods of cooking which you know. Don't forget to add the food items prepared by this method.

Tasty Food:-

We usually say food is tasty. But how does food get its taste? The taste of food depends on its ingredients, method of preparation and our cultural habits. Do you know the method of preparation of any food item?



Fig. 4

Joseph knows how to make tomato curry. Listen to him.

"I like tomato curry. I learnt how to make it from my father. To prepare it, we need two tomatoes, one onion, two green chillies, one red chilly, turmeric powder, salt, oil, mustard seeds, black gram and jeera.

First of all, clean all the vegetables in water, and chop them into pieces. place a pan on the flame. Pour three spoons of oil. When oil becomes hot, put one spoon-full of mustard, black gram and jeera. Then add green and red chilli pieces and put a pinch of turmeric powder. Half a minute later add pieces of onion and tomato. Then add some salt and close the lid. After five minutes the tasty curry is ready."

Activity-3: Let us cook

What is your favourite cooked food? Find out how it is prepared. Write the recipe in your note book.

Preservation of food

The discussion about food will be incomplete unless we talk about food preservation. How do farmers protect rice from pests and store it after it is harvested? How is rice stored in your home? Why does curry get spoiled when kept out for a couple of days but pickle stays fresh for so long? It is only because of preservation. For preserving certain food-items, they are salted and dried. In certain areas dried fish is commonly used. Vegetables and meat are also dried and pickled.

- Try to find out how vegetables are pickled at home.
- Find out the ingredients that help to preserve vegetables.

Salt and turmeric powder are used for preservation while making pickles. In coastal areas it's a common sight to see fish being smoked for preservation.

- Try to find out more about this process.
- What are the other food material preserved by this process?

Do you know?

Sugar syrup or honey is a good preservative. Fruits are often preserved in sugar syrup or honey. Jams and fruit juices are good examples of preservation with sugar.

Activity-4: Let us store food

Discuss in groups and identify examples of different preservatives. Ask your parents other ways of preservation that they follow. (Table-6)

Table 6 - How to preserve food

Types of preservatives

Adding salt, chilli powder and oil

Adding only salt

Drying

Sugar syrup

Examples

pickles, ...

For preserving food we use different types of preservatives. But some food items which are available in the market have harmful preservatives. So we must be aware of the ingredients of packaged food. When you purchase any food item in the market, don't forget to read about its ingredients and manufacturing date. Eating out-dated food material may damage your health.

Do you know?

Preparation of food using vegetables and fruits is an art. Some people make different types of designs and decorations with vegetables. This is called vegetable carving. Try to make your own carving (Fig. 5).



Fig. 5

What we have learnt

- We get food from plants and animals.
- For cooking food, we need different types of ingredients.
- We use different parts of plants like stems, roots, leaves, fruits and flowers as food.
- The taste of food is based on its ingredients, method of preparation and cultural practices of the region.

- Boiling, steaming, fermentation are some methods of preparing food.
- We use preservatives to preserve food for some time.

Keywords

Ingredients, preservatives, fragrant materials, dry fruits

Improve your learning

1. What are the common food items usually eaten by you?
2. Find out the ingredients of the given food items:
Pachipulusu, coconut chutney, jilebi, onion pakodi
3. Write down the process of making upma or any other snack of your choice.
4. Collect any wrapper of packaged food. Read the information details and answer the following questions.
 - (a) When was it manufactured and how long can we use it?
 - (b) What ingredients does it contain, name them?
5. Shahina's mother always cooks plain rice! If the same rice is used to make kichidi, payasam or biryani how would you feel eating those?
6. List out the names of some plants that grow in your village. Which parts of it are used as food?
7. Some food material is given below. What are the different possible ways of cooking them? Find out and write them.
Meat - Groundnuts - potatoes - Spinach
8. With the help of your teacher form groups of 5 or 6 students of your class. Make a fruit chat or vegetable salad and eat it.
How do you feel? Write few lines about your experience.
9. Ask your friend to think of the name of any food item. Now you have to guess its name. For this you can ask some questions. Your friend can only answer Yes or No. How many questions did you ask before you could guess the name?
10. List out the ingredients needed to make vada. Are they same for dosa? Identify the differences in your list.
11. Latha's mother has prepared the following statements for you. Find out the wrong ones among these, don't forget to give your reasons.
 - (a) We can get food from plants and animals only.
 - (b) Spices, oils, salt and meat are the ingredients of a chicken curry.
 - (c) Plants are the source of honey.
12. Find out from your parents the various methods of preserving food and write a note on them.
13. Collect information about the main food habits of different states of India. Refer to the Atlas, library books and discuss with your teacher.
14. Suppose if fish / raw mango / lemons are given to you how would you preserve them?
15. Make a list of animals and insects from which we get food.
 - (a) Write the names of these animals on slips of paper. On the other side of the slip write the names of food we get from the animals - milk, eggs or meat.

- (b) Sort the slips into groups. Write the names of the animals in the correct portions of the circles shown below.
- (c) Are there any portions where none of the animals fit? Explain why?

Milk giving

meat giving

egg giving



**Banana contains potassium which is useful for us.
Don't eat bananas on an empty stomach; combining them with a bit of protein
will help to normalize the insulin response caused by the sugar in the banana.**

Chicory is beneficial for digestion, the circulatory system and the blood.

Beet roots are high in carbohydrate levels and should therefore be used sparingly.

Peanuts contain beneficial protein, but many people are allergic to them and find them hard to digest.

Onions are an excellent antioxidant, and they contain anti-allergy, antiviral and antihistamine properties.

Sweet potatoes are an excellent source of carotenoid antioxidants.

Tomatoes are an excellent source of vitamin C (the vitamin C is most concentrated in the jelly-like substance that surrounds the seeds).

Tomatoes are rich in Carotenoid and Lycopene; eating foods containing Carotenoids can lower the risk of cancer.

Cakes and cookies contain too much sugar and not enough vitamins and minerals.

Oranges are more fibrous than the fruits and vegetables. So take oranges for fibrefood.