

Our Food

14

Venu's Family



Rani's Family



Look and Tell :

Look at the two family pictures given above.

- * Which type of work is done by both the families ?
- * Is your family like any one of these families ?

If yes, like which one ? How is your family like theirs ?



Discuss carefully and sensitively the issues such as defined gender roles etc. Allow children the freedom to question these without hurting the feeling of others.



Think and Write :

- * Do all the people in your family eat together ? If not, why ?

- * How can you help in cooking ?

- * Who does not help in cooking in the family ? Why ?



Ask and Write :

- * In the table, some of the work done in the house has been mentioned. Find out who does them in your house and who does them in your friend's house. You can add some other work also to the list.

Work	Who does the work	
	In your house	In your friend's house
Cooking	<hr/>	<hr/>
Buying things from the market	<hr/>	<hr/>
Sweeping	<hr/>	<hr/>
Cleaning the utensils	<hr/>	<hr/>
Filling water	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>



Where does the food eat come from ?

The names of some food items are given below. Add some more names to the list. Colour with ● around those items that we get from plants. Colour with ● around those items that we get from animals.

Honey ○	Turmeric ○	Fish ○	_____ ○
Corn ○	Milk ○	Lemon ○	_____ ○
Spinach ○	Potato ○	<i>Ajwain</i> ○	_____ ○
Egg ○	Meat ○	Banana ○	_____ ○
Tomato ○	Onion ○	_____ ○	_____ ○



Think and Write :

When you are sick, do you take any medicine from the plants ? When do you take when you

◆ get hurt

◆ have a stomach ache

◆ have cough and cold

◆ have a tooth ache



Help children to identify plants which are available in their immediate environment and are used as medicines. This will enhance their traditional knowledge of medicinal plants.



Choose the correct basket for each item. Draw a line to match.

flowers

leaves

fruits

any other part of a plant

Carrot

Jackfruit

French beans

Mustard

Radish

Banana

Ginger

Flowers of *Kachnar* (Orchid)

Mango

Amla

Gram

Spinach

Cauliflower

Potato

Lotus stem

Curry leaves



In this exercise names of some parts of plants eaten as food are given. More names can be added to the list during discussion.