

Chapter 6

Nourishing Drinks

LEARNING OBJECTIVES:

After reading this chapter learners would be able to:

1. understand Nourishing drinks and the nutrients they provide:- Protein, Fat, Vitamins, Minerals and Carbohydrates.
2. broadly divide different types of Nourishing drinks like - milk drinks, fresh juices, canned juices etc.
3. know Fruit Punches and Mock tails are also nourishing drinks.

GUIDE TO BETTER LEARNING:

1. Introduction of nourishing drinks
2. Types of nutrients provided by nourishing drinks.
3. The different types of nourishing drinks.

INTRODUCTION:

These days general public is very health conscious. People are worried about their weight, and various diseases linked with dietary habits, body weight, etc. like blood pressure, sugar, heart diseases, etc. The nourishing drinks provide the following nutrients:-

- Protein
- Fat
- Vitamins
- Mineral
- Carbohydrates.

The low calorie and Vitamin, mineral and protein rich drinks are more in demand. The traditional aerated drink manufacturers like Coca Cola and Pepsi have also started producing drinks keeping in mind the health conscious customers.





The nourishing beverages can be broadly divided into:

6.1.A Fresh Fruit Juices

- Fresh Mango Juice
- Fresh Orange Juice
- Fresh Sweet Lime Juice
- Fresh Apple Juice
- Fresh Melon Juice
- Fresh Water Melon Juice
- Fresh Pommegrenade Juice
- Fresh Pineapple Juice



6.1.B Canned Juices

- Canned Mango Juice
- Canned Orange Juice
- Canned Pineapple Juice
- Canned Guava Juice
- Canned Apple Juice





6.2 Milk base

6.2. A Milk Shakes

6.2. B Ice Cream Shakes

6.2. C Lassi Sweet or Salted

6.2. D Thandai (Indian Milk drink with almonds, black pepper, etc.)

6.2. E Cold Coffee with or without Ice Cream

6.2. F Malt Beverages, Chocolate, etc.

6.2. G Cold Milk or Hot Milk (with full fat or skimmed or toned)



6.3 Punches like Fruit punches and Mock tails

The fresh juices when served in natural form without sugar syrup are preferred by the health conscious people. Some guests even do not prefer to consume those fresh juices which are rich in sugar or are too sweet. Skimmed milk without sugar or flavour is preferred, as it contains low fat and has good quality of protein, vitamins, etc.

SUMMARY / RECAPITULATION:

1. The nourishing drinks are preferred by health conscious people.
2. The nourishing drinks contain Protein, Vitamins, Minerals, Fat and Carbohydrates.
3. Milk shakes and drinks made of milk are very popular nourishing drinks in India.
4. Less sweet fresh fruit juices are popular nourishing drinks for health conscious people.
5. Mock tails and Fruit punches are examples of nourishing drinks.

IMPORTANT TERMS

- Mock tail
- Dietary habits
- Thandai
- Protein
- Fat
- Vitamins
- Mineral
- Carbohydrates
- Fruit Punches





MULTIPLE CHOICE QUESTIONS

-is the refreshing drink.
 - Tea
 - Aam Ras
 - Coffee
 - Cocktail
-is the nourishing drink.
 - Beer
 - Aam Ras
 - Lemon Squash
 - Cocktail
-is an Indian Mineral Water.
 - Himalaya
 - Spa
 - Evian
 - Perrier
- is Foreign Brand Mineral Water.
 - Aqua
 - Neer
 - Spa
 - Him
- contains sugar syrup.
 - Aerated drinks
 - Syrup
 - Orange Juice
 - Limca

ANSWERS

1. b) 2. b) 3. a) 4. c) 5. b)

SHORT ANSWER QUESTIONS

- What do you mean by aerated drinks? Explain with examples.
- What do you mean by refreshing drinks?
- Explain in brief the difference between Milk Base Nourishing Beverages and Non Milk Base Nourishing Beverages.
- What do you mean by Mock tail? Explain with examples.
- Name the nutrients provided by nourishing drinks.





6. What do you mean by nourishing drinks? Explain with examples.

LONG ANSWER QUESTIONS

1. The nourishing drinks are preferred by health conscious people. Explain this statement with examples.
2. Why less sweet fresh fruit juices are preferred than more sweet fresh juices? Explain with reasons.
3. Elucidate the statement that milk shakes and drinks made of milk are very popular nourishing drinks in India.



