

# 6

## The Food We Eat

### Lesson Plan

#### Contents

- ▶ Variety of foods in India
- ▶ Different types of foods
- ▶ Cooking oils
- ▶ Spices
- ▶ Sweets
- ▶ Transportation of Food

#### Objectives

- ▶ Learning about the variety of crops and foods in India.
- ▶ Why different regions have different foods.
- ▶ Cereals, lentils and pulses, vegetables and fruits.
- ▶ Cooking oils used in Indian food.
- ▶ Spices used in Indian food.
- ▶ How transportation of food helps.

#### Teacher's Aids

- ▶ Charts showing cereals, lentils, vegetables and fruits and spices.
- ▶ Small 10 gram packets of cereals, lentils and 5 gram of spices – different students can fetch one little packet.

#### Tips for Teacher

- ▶ Show the students what the different foods are.
- ▶ Have one day of the week or month for students to bring traditional food and share their home-made lunch with each other – showing what people from different states eat.

#### Gear Up, Background and Reading

- ▶ Gear Up can be done by students and then orally check with partners while teacher discusses it. The answers are:
- ▶ The Summer Fruits are: Watermelon, Muskmelon, Mango and Pomegranate; and vegetables are Lady's Finger and Bottlegourd.

- ▶ The Winter Fruits are: Oranges and Grapes; and the vegetable is Carrot.
- ▶ Discuss how each student comes from a different part of the country – what is the place like – what they eat normally there.
- ▶ Read the lesson and points to remember aloud and explain.
- ▶ Different parts of India – variety of landforms and climates – crops that grow there – how this affects food – now most foods available in all parts of the country, but tastes vary. Foods eaten in the North, west, east and south of India based on crops.
- ▶ Cereals, pulses/lentils, fruits and vegetables – important part of diet –seasonal fruits and vegetables – cities: cold storage for availability all through the year.
- ▶ Cooking oils – vegetable oils like groundnut, coconut, mustard, til, soya, etc. And ghee – clarified butter.
- ▶ Spices – many used in Indian food – chillies, black pepper, cloves, cardamom, turmeric, cinnamon, cumin, etc. India largest producer of cumin, ginger and chillies.
- ▶ Sweets – made of flour, milk, cheese, almonds, cashew nuts, etc. –special in different parts of India – cakes and pastries.
- ▶ Mostly vegetarians – some non-vegetarians – milk products liked by all – most food cooked; some raw like salads – balanced and healthy food - avoid junk food.
- ▶ Transporting food – possible to get foods in different parts.