



WHAT DID YOU
TELL ME BY
LET ME FIND OUT
FINISH NOW WHAT...
YOU KNOW I WANT
YOUR FRIENDS ARE
INTERESTING
I LOVE
ACTIVITY
YESTERDAY AND
TODAY?

Activity 1: What do we eat



NAME OF STUDENT / FRIEND	FOOD ITEMS EATEN IN A DAY
RAHUL	MILK, BREAD, ROTI, DAL
SANDHYA	RICE, IDLI, SAMBHAR
VIJA Y ANKITA	PARATHE, PICKLE, TEA
	EGG, MILK, CHICKEN

**N
EM
ND
D**

DO YOU KNOW THAT.....

We all eat different kind of food at different times.



There is a lot of variation in the food eaten in different regions of India

LET`S SEE A
VIDEO TO FEEL
THE VARIETY OF
FOOD IN INDIA



□ THINK
HOME .
BOILED
MATERIAL
PREPARED



ED AT
E AND
T TWO
TO
RICE .



□ TO PREPARE VEGETABLES
CURRY , WE NEED
DIFFERENT KINDS OF
VEGETABLES , SALT , SPICES
, OIL AND SO ON.



INGREDIENTS

**MATERIALS NEEDED TO
PREPARE A FOOD DISH
ARE CALLED FOOD
INGREDIENTS**

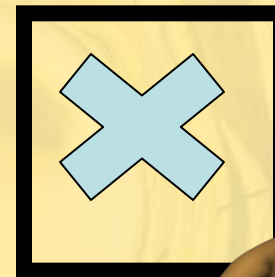
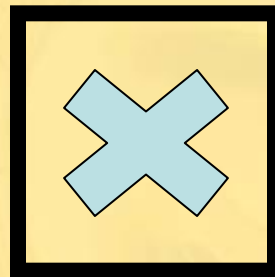


LET`S FIND OUT
THE VARIOUS
INGREDIENTS OF
DIFFERENT FOOD
ITEMS.

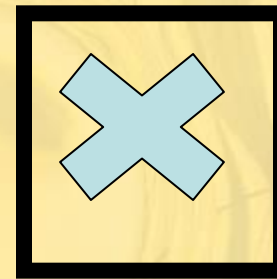




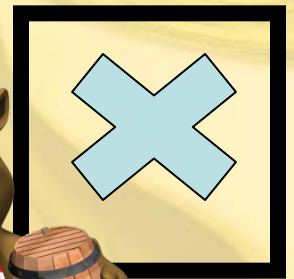
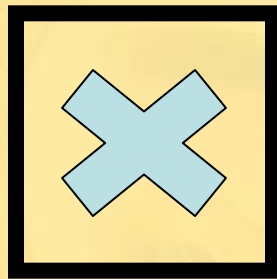
ROTI/CHAPATI



DAL



KHEER

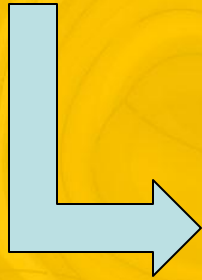


DO YOU KNOW
LET'S
WHERE THESE
FIND OUTS
INGREDIENTS
COME FROM?



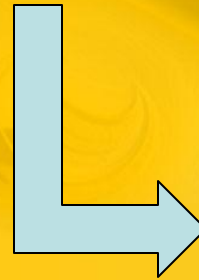


FLOUR



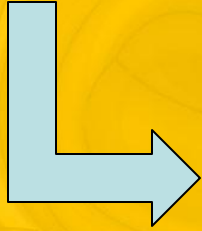
GRAINS

WHEAT PLANT



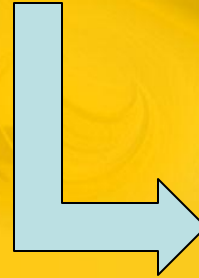


SUGAR



SUGARCANE

SUGARCANE PLANT





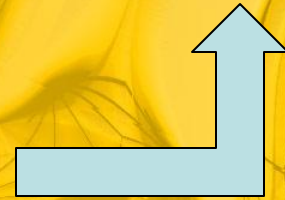
BUFFALO



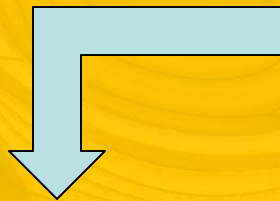
GOAT



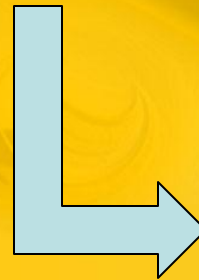
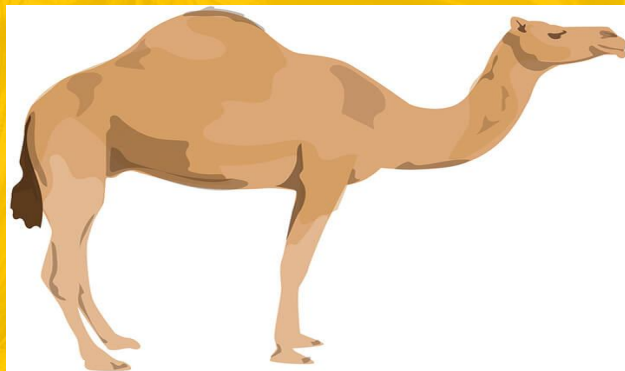
MILK



COW



CAMEL



LET`S HAVE AN
ACTIVITY ON THE
SOURCES OF
INGREDIENTS



FOOD ITEMS, INGREDIENTS AND THEIR SOURCES

Food Item	Ingredients	Sources
IDLI	RICE	PLANT
	DAL	PLANT
	SALT	SEA WATER
	WATER	RIVER/GROUNDWATER
CHICKEN CURRY	CHICKEN	ANIMAL
	SPICES	PLANT
	OIL/GHEE	PLANT/ANIMAL
	WATER	RIVER/GROUNDWATER
KHEER	MILK	ANIMAL
	RICE	PLANT
	SUGAR	PLANT

PLANTS ARE THE
ANIMALS PROVIDE US
SOURCES OF FOOD
MILK, MILK PRODUCTS,
CONCLUDE FROM
GRAINS, AND MILLS,
ACTIVITY?
VEGETABLES AND
FRUITS



I HAVE AN
INTERESTING
VIDEO TO SHOW
YOU. ENJOY IT



WHAT WE HAVE LEARNT TODAY?

- THERE IS LOT OF VARIATION IN THE FOOD EATEN IN DIFFERENT REGIONS OF INDIA
- MATERIALS NEEDED TO PREPARE A FOOD DISH ARE CALLED FOOD INGREDIENTS
- SOURCES OF FOOD INGREDIENTS-
PLANTS : GRAINS, VEGETABLES, FRUITS, SPICES
ANIMALS : MILK, MEAT PRODUCTS, EGGS



HOME ASSIGNMENT



1. DO YOU FIND THAT ALL LIVING BEINGS NEED THE SAME KIND OF FOOD?

2. DISCUSS WITH YOUR PARENTS AND GRANDPARENTS ABOUT THE VARIETY OF FOOD IN INDIA.

HOME ASSIGNMENT

3. FIND THE INGREDIENTS OF ATLEAST 5 FOOD DISH THAT YOU EAT.



4. WRITE DOWN THE VARIOUS FOOD PRODUCTS THAT WE GET FROM PLANTS AND ANIMALS.

THANK YOU

