

5

Food for Health

Chapter Notes:

Introduction

- The day of the **food festival** arrived, and students and parents brought a variety of food items.
- Stalls displayed fresh fruits, vegetables, sprouts, and **traditional dishes** like dhokla, litti-chokha, dal-baati-churma, bajre-ki-khichdi, chhena-poda, kadhi-pakoda, ker-sangri, siddu, roasted corn, chutney, dosa, vada, jowar upma, ragi laddu, and more.

Mystery Masala

- Mukesh and friends visited the 'Mystery Masala' stall.
- They tried Ugadi Pachadi, which had **six different tastes**:
 - Sweet (**meetha**)
 - Sour (**khatta**)
 - Salty (**namkeen**)
 - Pungent (**teekha**)
 - Bitter (**karva**)
 - Astringent (**kasaila**)
- These six tastes are called '**shad rasa**' in Ayurveda.
- Eating foods with **shad rasa** is considered healthy because it balances all flavors in the body.










A Stall of 'Super Food'

- Surbhi and friends visited a millet food stall.
- Traditional use of millets:
 - Jowar** and **bajra** roti in **winters**
 - Jau** roti in **summers**
- Millets are **rich in nutrients** and help children grow **healthy** and **strong**.

How Does Food Help Us?

- A banner said: "**Colours on Plate, Wellness in Life**".
- Our body needs a variety of food to stay **healthy, energetic, and strong**.
- No single food has all nutrients, so it's important to **eat a variety of foods**.

Food Groups

| Food Type | Examples | Benefits |
|---|---|--|
| Energy-giving foods  |  Rice, wheat, potato, maize, banana, apple, sweet potato, honey, millets, butter, ghee, oil | Provide energy to work, play, and study  |
| Body-building foods  |  Pulses, legumes, soybeans, chickpeas, peanuts, tofu, milk, cheese, beans, almonds, walnuts, eggs, meat, fish | Help grow muscles and keep the body strong  |
| Protective foods  |  Carrot, orange, lemon, papaya, spinach, cabbage, guava, amla, tomato | Protect from diseases and keep body healthy  |

Say 'No' to Junk Food

- Junk food contains high amounts of **oil, salt, sugar**, and is **not healthy** if eaten often.
- Examples: Soft drinks, chips, bread pakoda, burgers, pizza, packaged foods.
- Tip: Eat **fresh home-cooked foods** instead of over-processed foods.

A Balanced Food Plate

- A balanced plate has food from **all three food groups** in the right amount:
 1. Protective foods – most
 2. Body-building foods – medium
 3. Energy-giving foods – some
- In India, every region has a **special thali** with healthy foods and different tastes.

Water for Health

- Water is important for:
 1. Digesting food
 2. Keeping skin and body healthy
 3. Removing waste through urine, sweat, and faeces
- Water-rich fruits like **watermelon** and **cucumber** help maintain water in the body.
- Drink **enough water** every day.

Different Methods of Cooking

- Some foods like **fruit chaat and vegetable salad** can be eaten without cooking.
- **Cooking methods include:** boiling, steaming, frying, roasting, etc.
- **Chef** – A professional cook skilled in food preparation (means head of kitchen in French).
- **Solar cooking** – Uses sunlight instead of gas or electricity; eco-friendly and smoke-free.

New Terms

| Term | Meaning |
|------------------------------|--|
| • Shad Rasa | - Six tastes in food – sweet, sour, salty, pungent, bitter, and astringent; eating them in balance is healthy. |
| • Ugadi Pachadi | - Traditional dish from Andhra Pradesh, Karnataka, and Telangana made with six different tastes. |
| • Millet | - Small grains like jowar, bajra, and jau that are rich in nutrients and healthy for growth. |
| • Energy-giving Foods | - Foods like rice, wheat, potato, honey, and oils that give energy to the body. |
| • Body-building Foods | - Foods like pulses, eggs, milk, meat, and nuts that help grow muscles and make the body strong. |
| • Protective Foods | - Fruits and vegetables like carrot, orange, spinach, tomato that protect the body from diseases. |
| • Junk Food | - Unhealthy foods high in oil, sugar, or salt, like chips, burgers, pizza, and soft drinks. |
| • Balanced Diet | - A diet including all three food groups in the right amounts. |
| • Thali | - A plate with different types of foods from various groups. |
| • Chef | - A professional cook skilled in all aspects of food preparation. |
| • Solar Cooker | - A cooker that uses sunlight to cook food instead of gas or electricity. |
| • Hydration | - Keeping the body filled with enough water to stay healthy. |

Think and Write (Page 73)

Q: If you had to organise a food festival in your school, which dishes would you like to include? Make a list.

Ans. If I organise a food festival in my school, I would include a variety of healthy and tasty dishes such as:

- Fruit chaat
- Dosa
- Sprouts chaat
- Ragi laddoo
- Vegetable salad
- Jowar roti and vegetables
- Paneer curry
- Fresh fruit juice and buttermilk
- Idli and sambar
- Bajra khichdi
- Rice and dal

These dishes are healthy, balanced, and include different food groups.

Write (Page 74)

Q. Can you think of at least five ingredients or food items that match each of the tastes listed below? Write them down in the spaces provided. See the example given below:

| Taste | Sweet | Sour | Salty | Pungent | Bitter | Astringent |
|--------------------|---------|----------|-------|--------------|--------|------------|
| Ingredients | Jaggery | Tamarind | Salt | Green chilli | Neem | Raw mango |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Ans.

| Taste | Sweet | Sour | Salty | Pungent | Bitter | Astringent |
|--------------------|---------|----------|-----------|--------------|--------------|-------------|
| Ingredients | Jaggery | Tamarind | Salt | Green chilli | Neem | Raw mango |
| | Sugar | Lemon | Sea salt | Ginger | Bitter gourd | Pomegranate |
| | Honey | Vinegar | Rock salt | Black pepper | Fenugreek | Guava |
| | Mango | Yogurt | Soy sauce | Mustard | Spinach | Green apple |
| | Dates | Amla | Pickle | Garlic | Coffee | Banana |
| | Coconut | Curd | Papad | Hot sauce | Kale | Amla |

Discuss (Page 74)

Q. Discuss in small groups and identify the food items having at least three different tastes.

Ans. Food items that have at least three different tastes are:

- Ugadi Pachadi – sweet, sour, bitter, salty, pungent, astringent
- Fruit chaat – sweet, sour, salty
- Chaat (snacks) – spicy (pungent), sour, salty
- Pickle – sour, salty, pungent
- Sambar – spicy (pungent), sour, salty

These foods combine different tastes, making them more delicious and balanced.

Find Out (Page 75)

Q. Find out more about a millet-based food prepared at your home.

Ans. At my home, a millet-based food called bajra roti is prepared. It is made from bajra (pearl millet) flour, mixed with water and cooked on a tawa. It is usually eaten with vegetables, curd, or butter. Bajra roti is healthy and nutritious, gives energy, and keeps the body warm, especially in winter.

Discuss (Page 75)

Q. Why do we need to eat different kinds of food items?

Ans. We need to eat different kinds of food items because no single food contains all the nutrients our body needs. Eating a variety of foods helps us stay healthy, grow properly, and remain active and strong.

Discuss (Page 77)

Q. What happens if we eat food from a single group of foods everyday.

Ans. If we eat food from only one group every day, our body will not get all the necessary nutrients. This can make us weak, unhealthy, and more likely to fall sick.

Write (Page 78)

Q 1. Can you name a few more junk food items?

Ans. Some more junk food items are fries, noodles, chocolate, ice cream, pastries, and packaged snacks.

Q 2. Why do you think we should avoid eating junk food?

Ans. We should avoid junk food because it contains too much oil, sugar, and salt, and has very little nutrition. It can make us unhealthy and weak.

Q 3. List the junk food items that you will avoid.

Ans. Chips, burgers, pizza, soft drinks, fries.

Activity 1 (Page 79)

Make a Food Diary

1. Create a food diary of your daily routine for a week. Write down what you eat in a day for breakfast, lunch and dinner. An example is given. Expand the table for a week.
2. Encircle the food items that are healthy and put an 'X' mark for items which are not healthy.
3. Identify the food groups missing in your daily routine. Discuss with your parents how these items can be included in the daily routine.

| Days | Time | Food eaten |
|-------|-----------|-------------------------------|
| Day 1 | Breakfast | <i>Idli, Sambhar, Chutney</i> |
| | Lunch | |
| | Dinner | |
| Day 2 | Breakfast | |
| | Lunch | |
| | Dinner | |

Ans.

Food Diary (One Week)

| Day | Time | Food Eaten |
|-------|-------------|----------------------------|
| Day 1 | - Breakfast | - Idli, sambar, chutney ✓ |
| | - Lunch | - Rice, dal, vegetable ✓ |
| | - Dinner | - Roti, paneer curry ✓ |
| Day 2 | - Breakfast | - Milk, bread, butter ✓ |
| | - Lunch | - Rice, rajma ✓ |
| | - Dinner | - Dosa, sambar ✓ |
| Day 3 | - Breakfast | - Poha, peanuts ✓ |
| | - Lunch | - Roti, vegetable, curd ✓ |
| | - Dinner | - Khichdi ✓ |
| Day 4 | - Breakfast | - Fruit salad ✓ |
| | - Lunch | - Rice, dal, salad ✓ |
| | - Dinner | - Roti, mixed vegetables ✓ |
| Day 5 | - Breakfast | - Paratha, curd ✓ |
| | - Lunch | - Rice, chole ✓ |
| | - Dinner | - Roti, dal ✓ |
| Day 6 | - Breakfast | - Cornflakes, milk ✓ |
| | - Lunch | - Vegetable pulao ✓ |
| | - Dinner | - Roti, paneer ✓ |
| Day 7 | - Breakfast | - Sandwich ✗ |
| | - Lunch | - Rice, dal, salad ✓ |
| | - Dinner | - Pizza ✗ |

Find out (page 80)

Q. Find out a 'food thali' from your region, and list its food items.**Ans.** A popular food thali from Different State Thalis (India):

| State | Food Items in Thali |
|---------------|--|
| • Gujarat | - Roti/Thepla, Rice, Dal or Kadhi, Vegetable sabzi, Khichdi, Farsan (dhokla, khandvi), Pickle, Salad, Papad, Shrikhand/Halwa |
| • Punjab | - Roti/Naan, Rice, Dal Makhani, Paneer sabzi, Chole, Salad, Pickle, Lassi, Kheer |
| • Rajasthan | - Dal Baati Churma, Gatte ki sabzi, Bajra roti, Ker Sangri, Rice, Pickle, Papad, Buttermilk, Ghewar |
| • Tamil Nadu | - Rice, Sambar, Rasam, Curd, Vegetable sabzi, Appalam, Pickle, Coconut chutney, Payasam |
| • West Bengal | - Rice, Dal, Fish curry, Vegetable sabzi, Aloo posto, Salad, Chutney, Rasgulla/Sandesh |

This thali has different tastes and food groups, making it a balanced and healthy meal.

Write (page 81)

Q. Identify different methods used to cook the food items given in the list below. One example is given for you. You can take help from your family members and add more items to the list.

Idli dosa rice sambhar papad
kheer samosa peda gulab jamun

| Methods of cooking | Food |
|--------------------|-----------|
| Steaming | Idiyappam |
| | |
| | |



Ans.

| Methods of Cooking | Food |
|------------------------|-----------------------|
| • Steaming | - Idiyappam |
| • Frying | - Samosa, Gulab Jamun |
| • Boiling | - Rice, Kheer |
| • Roasting | - Papad |
| • Grilling | - Dosa |
| • Cooking (with water) | - Sambhar |
| • Baking | - Peda |

Discuss (Page 82)

Q 1. Do you help in cooking at home?

Ans. Yes, I help in cooking at home. I help by washing vegetables, making salad, and setting the table.

Q 2. Do you think all family members should know how to cook? Why?

Ans. Yes, all family members should know how to cook because it is an important life skill. It helps us become independent and we can prepare food when needed. It also helps in sharing work at home.

Let us reflect

Q 1. Hands-on activity —food collage

Materials: Old magazines, newspapers, scissors, glue, and a blank sheet of paper.

Cut out pictures of food items and create a collage with three sections: energy-giving foods, body-building foods, and protective foods.



Ans. I collected pictures of different food items from old magazines and newspapers. Then I pasted them on a blank sheet in three sections:

1. Energy-Giving Foods

- **Nutrients:** Carbohydrates and Fats - These foods act as the "fuel" for our bodies. They provide the energy needed for physical activities like running and mental tasks like studying.
- **What to look for:**
 - **Grains:** Rice, wheat, bread, corn, oats.
 - **Tubers:** Potatoes, sweet potatoes.
 - **Fats/Oils:** Butter, ghee, cooking oils, nuts.
 - **Sugars:** Honey, jaggery.

2. Body-Building Foods

- **Nutrient:** Proteins - These foods are the "bricks" of the body. They are essential for growth, building muscles, and repairing damaged tissues or healing wounds.
- **What to look for:**
 - **Pulses & Legumes:** Lentils (dal), chickpeas, kidney beans (rajma), soy be
 - **Dairy:** Milk, paneer (cottage cheese), curd, cheese.
 - **Animal Products:** Eggs, fish, chicken, meat.



3. Protective Foods

- **Nutrients:** Vitamins and Minerals - These foods act as the "shield" for our bodies. They help us fight against diseases, keep our immune system strong, and ensure our skin, eyes, and bones stay healthy.
- **What to look for:**
 - **Vegetables:** Spinach, carrots, broccoli, bell peppers, be
 - **Fruits:** Apples, bananas, oranges, papaya, mangoes.

Q 2. Check the label

(a) At home, pick up any one packaged food item from your kitchen. Check the label and note down the expiry date, and also two main ingredients.

Ans.



(b) Why is it important to check labels before buying or eating packaged food items?

Ans. It is important to check labels before buying or eating packaged food because it tells us the expiry date and ingredients. This helps us choose fresh, safe, and healthy food and avoid harmful or spoiled items.

Q 3. Organise a food festival students may bring home-made food and organise a food festival at school. Parents may be encouraged to participate in the food festival.

Ans. We can organise a food festival in our school where students bring home-made food items from their homes. Different stalls can be set up with dishes like snacks, sweets, and healthy foods. Students can decorate the stalls and label the food items. Parents can also participate by preparing dishes and helping in organising the event. This activity helps us learn about different foods, healthy eating, and teamwork while enjoying together.



Q 4. Find and circle

Circle the words related to food in the grid below. One example is given below.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| K | O | Q | L | C | I | S | A | B |
| U | E | S | E | B | T | E | P | E |
| P | T | O | M | A | N | G | O | A |
| M | U | I | O | J | L | G | T | N |
| A | Y | A | N | R | H | O | A | S |
| F | V | S | G | A | O | N | T | R |
| S | W | O | A | T | E | R | O | T |
| N | T | A | M | L | A | V | F | E |
| L | G | T | J | A | U | G | U | W |

Ans.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| K | O | Q | L | C | I | S | A | B |
| U | E | S | E | B | T | E | P | E |
| P | T | O | M | A | N | G | O | A |
| M | U | I | O | J | L | G | T | N |
| A | Y | A | N | R | H | O | A | S |
| F | V | S | G | A | O | N | T | R |
| S | W | O | A | T | E | R | O | T |
| N | T | A | M | L | A | V | F | E |
| L | G | T | J | A | U | G | U | W |