

Chapter 3

Our Food



Dishes from different parts of India

Makki-ki-roti and *sarson-ka-saag* from Punjab, *dosa-sambhar* from Tamil Nadu, fish and rice from West Bengal, *dal-batti-churma* from Rajasthan and *gostaba* from Kashmir. Wow! The list of mouth-watering dishes from different parts of India is endless.

There is great variety of food items available in different parts of India. Each area has its own speciality and a visit to that place is incomplete without tasting it. Can anyone visit Kolkata and not eat *rasogullas* and *misthi-dohi* or go to Nagpur and not taste *son papdi*?

There are some dishes that are cooked only on special occasions like festivals, marriages or birth of a child. *Modak* is made during the festival of Ganesh Chaturthi. No marriage ceremony is complete without *laddo* and *burfi*. In North India, the mother of a newborn baby is fed *panjiri* (wheat or green gram flour with dry fruits).

Mostly, the food habits of the people depend upon two factors—the climate and the crops grown in that area.

The people living in the desert (a dry area) of Rajasthan and Gujarat find it difficult to get fresh vegetables in the heat and hence, use a great variety of *dals*, *achars* (pickles) and *besan* (gram flour). The people living close to the sea-coast (an area where the land meets the sea) eat a lot of fish and coconut. Kashmiries drink a lot of *kehwa* (tea) to keep the cold away.



Do You Know?

All over India, people use a variety of flours to make *chappatis* from wheat, rice, corn, soyabean, *kuttu*, *singhara*, *channa*, etc. *Rotis* (Indian breads) form the backbone (main part of the meal) of the foods eaten in India.

The people of Punjab grow a lot of wheat and hence, their staple diet is *chappatis*. Rice grows well in South India, so it forms the staple diet of south Indians.

Ishmeet went to a *gurudwara* with his parents. After listening to *shabads* (prayer songs), they went for *langar*. They were served hot and tasty *dal*, salad and *chappatis* on a *pattal* (plates made of dried leaves). Ishmeet enjoyed sitting with hundreds of people in rows and having *langar*.

Now a days, the food habits and tastes of people are changing. A Punjabi family may enjoy *dosas* and a south Indian family may love eating

stuffed *parathas*. People are moving from one state to another for living, business and education. Many people even move from one country to another. They enjoy the dishes of the place where they live as well as their own traditional dishes.

Now let us find out where does the food come from? We get most food items from plants and animals.



Do You Know?

Watching TV while eating is bad for our digestion.

Wheat, rice, pulses (*dals*), vegetables, fruits and spices come from plants. Some vegetables are cooked and some are eaten raw(uncooked). Most fruits are eaten when they are ripe. Dry fruits, like almonds, walnuts, pista, etc., are first dried and then eaten. Spices are an important part of Indian cooking. Some spices are eaten fresh as well as in dried form like ginger, turmeric, etc. Most spices are dried and then used like pepper, cloves and red chillies. India is the largest producer of spices in the world.



Dry fruits



Spices

Do You Know?



More and more people are giving up non-vegetarian food because vegetarian food is healthier and easy to digest as compared to non-vegetarian food.



We get milk, eggs, mutton, chicken and fish from animals. Different recipes are followed in different states of India for preparing non-vegetarian dishes.

Do You Know?



In some parts of the world, cockroaches, snakes, snails and even ant eggs are eaten!



Non-vegetarian dishes

Do Not Waste Food

Raju went to a birthday party. He picked up a plate and filled it up. He ate only a small portion and put his plate down. Suresh did not like it. He said, 'Why did you waste so much food? You should take only a small portion and then take some more, if you want!' Raju felt sorry and promised never to waste food.

Some people waste food. They are either greedy or thoughtless. Many children do not finish their tiffin that they bring to school. They should not waste food. There are many people in our country who are very poor and cannot buy food. Moreover, nature gives us food to eat, not to waste!

We must become responsible and never waste food, water or electricity. We must eat a **Balanced Diet** to remain healthy and happy!

Five Principles of FOOD

1. Always buy it with care.
2. Eat a balanced diet.
3. Cook it with love.
4. Serve it beautifully.
5. Take only as much as you need.

NEVER, NEVER WASTE FOOD!



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. What is the food speciality of West Bengal?
(a) *Dal-batti-churma* (b) Fish & Rice (c) *Gostaba*
2. The staple diet of Punjab is—
(a) *Chappatis* (b) Rice (c) Corn
3. The vegetable that can be eaten cooked as well as raw is—
(a) Carrot (b) Jackfruit (c) Brinjal
4. The spice that is commonly eaten fresh is—
(a) Pepper (b) Ginger (c) Clove

B. Fill in the blanks:

Help Box

pickles, plants, dried, climate, animals

1. Food habits of people depend on _____ and crops grown in that area.
2. We get milk from _____.
3. People of Rajasthan use a great variety of _____.
4. Most spices are _____ and used.
5. We get most food items from _____.

C. Match the following:

- | | |
|---------------------|---------------------------|
| 1. Kolkata | (a) <i>sarson-ka-saag</i> |
| 2. Ganesh Chaturthi | (b) <i>dosa</i> |
| 3. Punjab | (c) <i>gostaba</i> |
| 4. Tamil Nadu | (d) <i>rasogulla</i> |
| 5. Kashmir | (e) <i>modak</i> |

D. Answer the following questions:

1. Why are the food habits of people changing?
2. Name three food items that we get from plants.
3. List two factors that influence the food habits of people.
4. Name three food items that we get from animals.
5. Why is it important not to waste food, water and electricity? Write two points for each.



Renu is not playing with the other children on the swings. She is standing in a corner and not talking to anyone. Her friends want to know the reason of her sadness. But she does not want to tell them that no one in her family had eaten anything since morning. Her father does not have a permanent job. He is a daily wager. He has not been able to find any work for the last one week. He does not have money to buy food.

- (a) How can you help children like Renu?
- (b) What type of help can your parents provide for Renu's family?

(c) Narrate an incident where you have helped someone. How did it make you feel?



Map Skill

On a political map of India, colour and label—

- Punjab
- West Bengal
- Jammu & Kashmir
- Maharashtra
- Tamil Nadu

SOMETHING TO DO

1. List three methods by which you can avoid wastage of food, water and paper at home.
2. Organise a special lunch party where each child brings some special dish of his state/community/family.
3. Plan a menu for your family keeping in mind the needs of children as well as the grown up people.

S. No.	Time	Menu
1.	Breakfast	
2.	Lunch	
3.	Dinner	

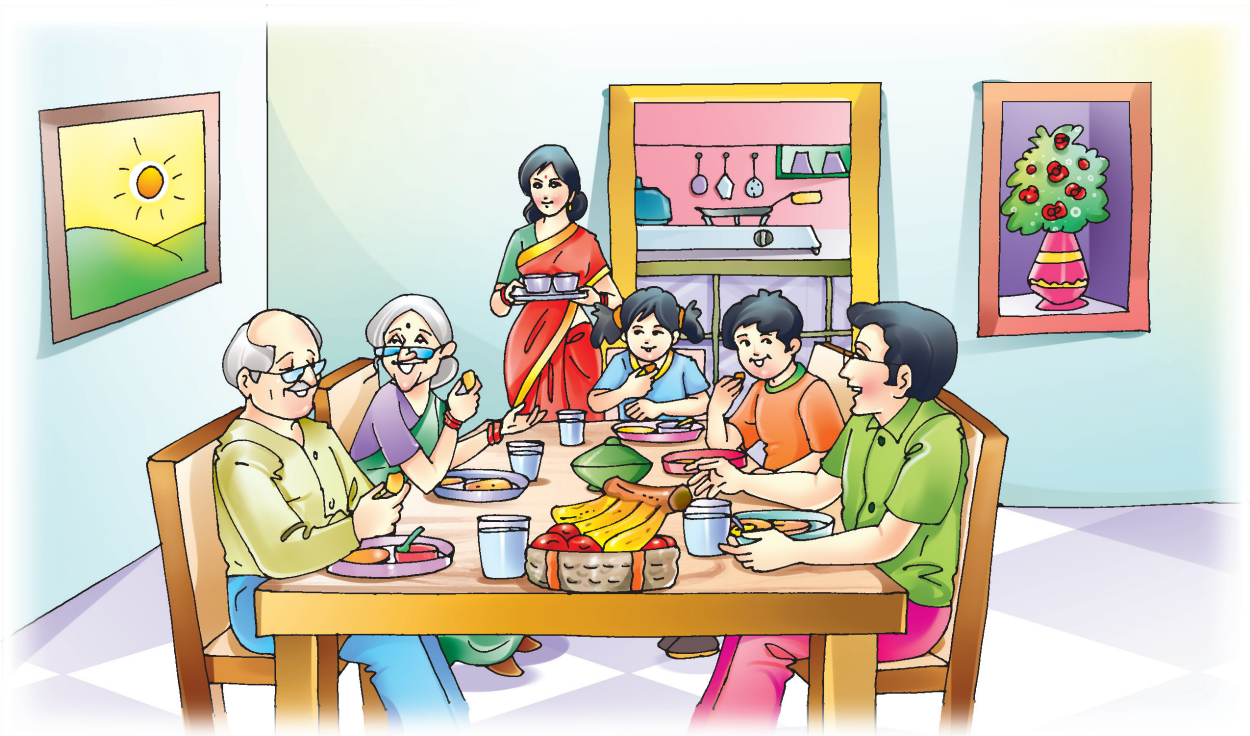
4. Riddle:

Guess the name of the state:

- (a) You are eating *puranpoli*. You are in _____.
- (b) You are drinking *thukpa*. You are in _____.
- (c) You are eating *dhokla*. You are in _____.
- (d) You are eating *aviyal*. You are in _____.

5. List four steps that can ensure healthy eating habits in your family.

- (a) _____
- (b) _____
- (c) _____
- (d) _____



Our Dresses

India is a land of colourful dresses. Visit any place and you will see the women wearing a variety of dresses like skirt, jeans, trousers, *saree*, *salwar-kameez*, *ghagra*, *lungi*, etc. The men can be seen in *kurta-pyjamas*, *lungi*, *dhoti*, *tehmat*, jeans or trousers. In some places, you will find people wearing warm woollen clothes and in other places, people may be wearing cool cotton dresses.



Different dresses worn in India

Why is there such a variety in dresses? One reason for the variety is the climate and the other reason is the culture and tradition of the people.

In hot and humid climate of Tamil Nadu and Kerala, people wear cool, cotton clothes. The men mostly wear *lungi* and cotton shirts and the women wear *sarees* or *lungi* with a blouse.

Do You Know?



Cotton, silk and wool are natural fibers. Nylon and polyester are man-made fibers.

The people living in the cold climate of Kashmir and Himachal Pradesh wear thick woollen clothes to keep themselves warm. The men wear caps and the women wear colourful scarves/shawls to protect their heads from the chilly winds.



Kerala Saree



Kashmiri Phiran

The dresses of women as well as the men are made up of different types of materials like cotton, silk, wool, nylon, rayon, etc. The type of material people choose for their dresses depends upon the climate. In areas of high temperature, cotton and linen fabrics are worn and in cold climate people mostly use silk and woollen materials.



Do You Know?

Cotton comes from cotton plants. Silk comes from silkworms and wool comes from the fur of animals like sheep, yak, etc.

The culture and tradition of an area also affect our dress. If you go to Hyderabad or Lucknow, you will find some muslim women wearing *burka*. It is a long, black or dark coloured cloak. The men as well as women wear a



Women in *burka*



Rajasthani dress

loose, long robe known as *phiran* in Kashmir. The women from Assam wear *mekhla-chadder* and Rajasthani women wear *ghagra-choli*.

In states like Rajasthan, Gujarat, Punjab and Maharashtra, men wear a *safa* (turban) to protect their heads from the hot sun. In Himachal Pradesh and Kashmir men wear woollen caps in winters.



Haryana



Punjab



West Bengal



Rajasthan

Different styles of wearing a turban

These days, most girls can be seen in *salwar-kameez*, *churidar kurta* or jeans and T-shirts. They find them comfortable.

Saree is worn all over India but the style of wearing a *saree* and the materials used are different from place to place. You can name the state by looking at the style of wearing a *saree*.



Maharashtrian



Bengali



Gujarati

Different styles of wearing a saree

Most Indian men wear trousers and jeans with shirts and coats. Men in cities and towns wear *kurta-pyjama*, *dhoti-kurta* and *achkan* for special occasions like a festival, marriage, etc.

Brides and Bridegrooms wear different types of dresses in different parts of India.



Gujarat



Assam



West Bengal



Kashmir



Mechanic



Naval Officer



Nurse



Police Officer

Some dresses are linked with some occupations. A mechanic with navy blue dungarees and a naval officer in white uniform can be recognised easily. In the same way, your school uniform makes it easy for everyone to know which school do you study in.

India is a land of many classical and folk dances. The dancers wear beautiful costumes.



Bharatnatayam



Kathakali



Garba

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. Woollen clothes are worn in—
(a) Summer (b) Winter (c) Rainy season
2. An occupation linked with uniform is—
(a) Artist (b) Interior decorator (c) Pilot
3. What do people wear in hot and humid climate?
(a) Linen (b) Cotton (c) Both
4. A *safa* is also known as a—
(a) *Dupatta* (b) Scarf (c) *Pagari*

B. Fill in the blanks:

Help Box

saree, uniform, climate, occupations, shirts

1. Most Indian men wear trousers and jeans with _____.
2. _____ is worn all over India.
3. Some dresses are linked with some _____.
4. The dresses of the people depend on the _____ of a place.
5. Most schools children wear _____.

C. Match the following:

- | | |
|----------------|--------------------------|
| 1. Tamil Nadu | (a) <i>mekhla-chadar</i> |
| 2. Kashmir | (b) <i>ghagra-choli</i> |
| 3. Maharashtra | (c) <i>kurta-pyjama</i> |
| 4. Assam | (d) <i>lungi</i> |
| 5. Rajasthan | (e) <i>phiran</i> |

D. Answer the following questions:

1. Which two main factors are responsible for dresses of people?
2. Why is there a great variety in dresses in India?
3. Name two states of India having hot and humid climate. What type of dresses are worn there?
4. Mention different types of materials used for making dresses.
5. Name the dress that you like to wear for special occasions.
6. More and more people are wearing western clothes these days. Comment.



Everyone is wearing a new uniform except Mohit on the first day in the new class. Mohit told his friends that his parents are collecting money for his father's heart operation. They could not spend money on a new uniform and books.

1. How can his classmates help him?
2. What steps can the teachers take so that Mohit does not face any problem in his studies?
3. How can the parents of Mohit's classmates help?



On a political map of India, colour and label—

- Kerala
- Himachal Pradesh
- Assam
- Karnataka
- Haryana
- Arunachal Pradesh

SOMETHING TO DO

1. In some parts of our country, women wear *burka* and in other parts they cover their heads and faces with a *dupatta* (*odhni*, *chunari*, *chunni*). Give the reasons.
2. Whenever you go to a fair or somewhere for a visit, note the different types of dresses that people are wearing. Associate them with the climate and culture of the state/country they belong to.
3. “Be what you want to be”. Dress up as a famous sports person, singer, dancer, scientist, etc., for a Fancy Dress Competition.
4. **Vegetable Printing:**

You can make beautiful compositions in your art file with vegetables like lady fingers, capsicum, onion, cabbage, potato, corn etc. You can make designs on plain fabric by using fabric colours.



Art of vegetable Printing

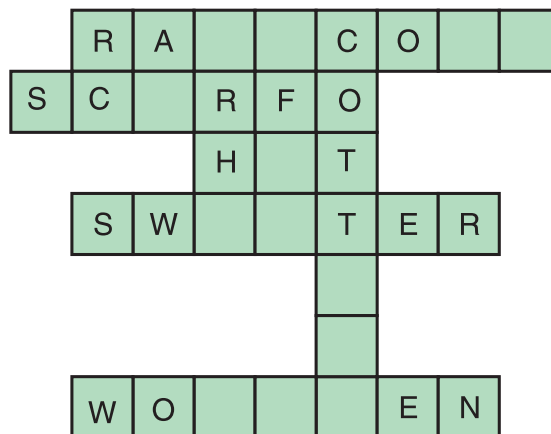
5. Identify the pictures of the seasons and name the fabrics worn in these seasons.







6. Fill in the missing letters:



Chapter

5

The Early Man

Early man did not have any idea about time. He kept no record of birthdays or holidays. He did not know about days or weeks or even years. But he kept a track of the seasons. He knew that spring followed winter.

The ancient man moved from place to place in search of food and water. He ate flesh of animals, fruits, nuts, leaves and roots of plants. He used stones for hunting, fishing and digging roots of plants. Slowly, he improved the stone tools by giving them shape and polish. He also started using tools made of bones and ivory. His most useful tool was the spear. He threw it from a distance with a force to kill animals.



Early man

Fire was the biggest discovery of the ancient man. The fire gave him the warmth, saved him from cold and wild animals. After the discovery of fire, he started cooking his food to make it soft and tasty.

The life of early man changed when from a **hunter** and a **food gatherer** he became a **food producer**. Now he did not have to wander from one place to another. He started leading a settled life close to the land where he



Stone tools

grew grains. The early settlements were close to rivers to fulfill his requirement of water for drinking, irrigation and transportation. His shelter changed from caves and trees to thatched huts.

Do You Know?



The early man was scared of natural phenomena, like wind, sun, rain, thunder, etc., and hence, started worshipping them.

The farming and settled life changed the types of work of the early man. Now he sowed seeds, watered the plants and waited for the grains to ripe. He cut the crops and stored the grains. The settled life gave him more time to follow other activities, like making better tools, baskets of reeds and clay pots, for storing and cooking the grains.



An early settlement

Do You Know?



Since ancient times, man has used his intelligence to discover and invent many things to make his life comfortable. The changes have improved the life of human beings all over the world.

People still do most of the jobs that were done by the ancient man. In the next chapter, we will find out different works that are done inside and outside the house by people now, and how they learnt various crafts/jobs/occupations.

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. The biggest discovery of early man was—
(a) Food (b) Fire (c) Pots
2. The life of early man changed when he started growing—
(a) Soil (b) Water (c) Grains
3. The early settlements were made close to—
(a) Cities (b) Rivers (c) Roads
4. What did early man start making after settled life began?
(a) Clock (b) Roads (c) Baskets & Pots

B. Fill in the blanks:

Help Box

producer, stones, settled, time, fire

1. Early man did not have any idea about _____ .
2. The ancient man ate his food raw before the discovery of _____ .
3. Early man used _____ for hunting, fishing and digging.
4. The farming and _____ life changed the type of occupations.
5. The hunter and food gatherer became a food _____.

C. Match the following:

- | | |
|----------------------|-------------------|
| 1. Discovery of fire | (a) early man |
| 2. Caves | (b) food producer |
| 3. Settled life | (c) rivers |
| 4. Early settlements | (d) spear |
| 5. Most useful tool | (e) cooked food |

D. Answer the following questions:

1. Why did early man move from place to place?
2. List three changes that occurred in the life of the early man when he became a food producer.
3. Why were early settlements made close to rivers?
4. Which new activities did the early man take up when he started leading a settled life?
5. In which ways did the discovery of fire help the early man?



1. You have many luxuries that early man did not enjoy. Describe your reaction if you have to:
 - live without electricity and water supply for one day.
 - walk to the market and not use a vehicle.
 - sit on mats instead of desks in the class.
 - save paper.
 - eat raw food.



Map Skill

On a political map of India, colour and label—

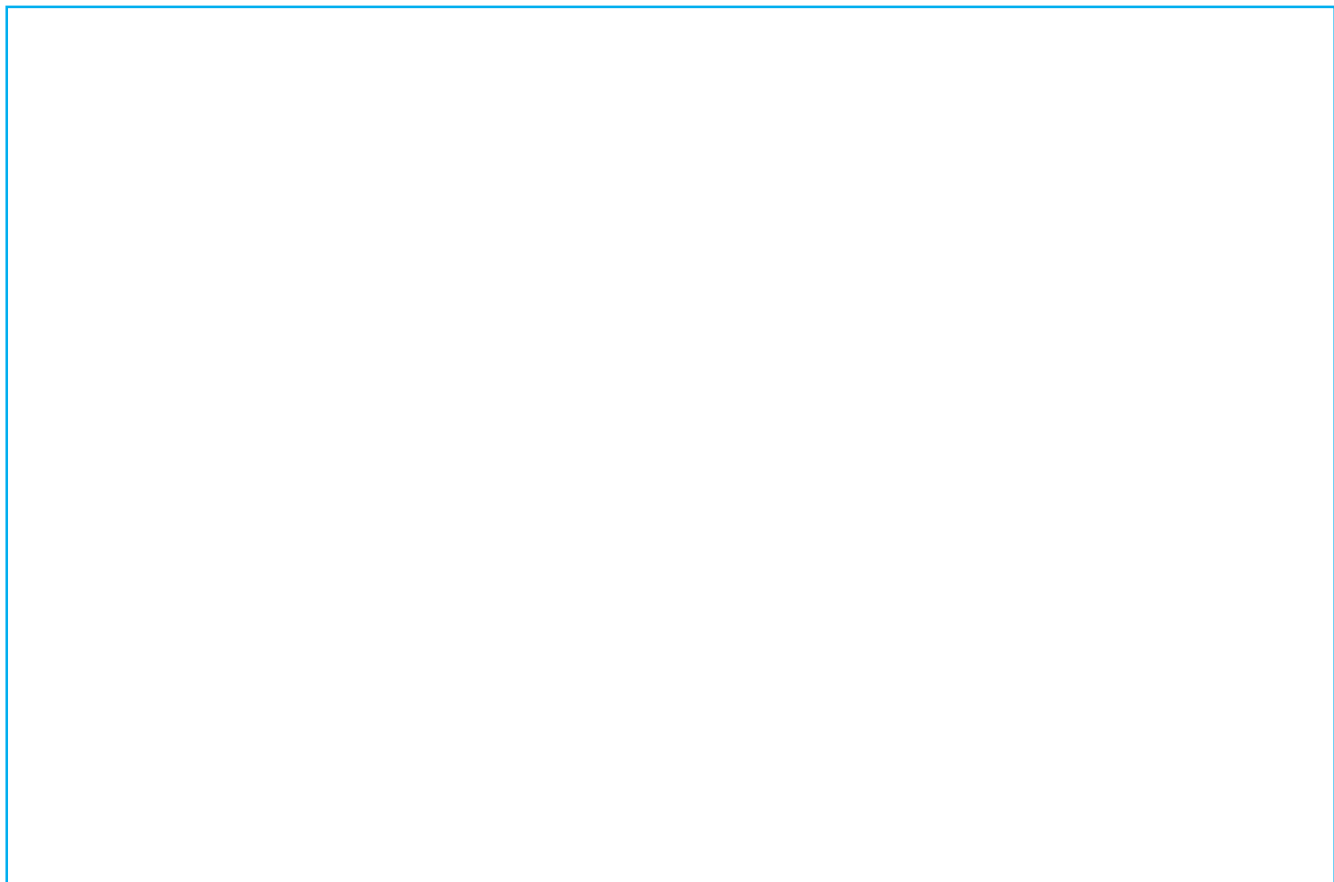
- Your state.
- Your favourite city/town/village in your state.
- Major river of your state.
- One neighbouring state.
- One eastern/western state.

SOMETHING TO DO

1. Imagine you are an ancient man living all alone in a jungle and you are allowed to keep only five things with you. What will be those things? Give one reason for each selected item.
2. Read the given clues carefully to find the answers from the crossword. One is done for you.
 - (a) Home of early man.
 - (b) Most useful stone tool.
 - (c) Most important discovery which helped early man to cook food.
 - (d) Before leading a settled life, early man was a _____.
 - (e) Early man used _____ for hunting and fishing.
 - (f) Fire saved early man from _____.
 - (g) Tools were also made of _____ and ivory.

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

3. Draw five tools that are commonly used in your home and label them.



Teacher: Ask the children to name and draw things that are very essential in their lives. It will provide an insight into differentiating between needs and wants. Some pictures are given. Ask the children to draw more pictures.

