

WELCOME TO ONLINE CLASS

SESSION : 1

CLASS : III

SUBJECT- SOCIAL SCIENCE

CHAPTER NUMBER: 06

CHAPTER NAME :THE FOOD WE EAT

SUBTOPIC : INTRODUCTION, FOOD GRAINS AND NEW WORDS

CHANGING YOUR TOMORROW

Learning Objective

To enable the learner to:

- Know different types of food grains
- New words

My Favorite Food



Introduction

- India is a land of diversity.
- The people of India speak different languages and wear different clothes.
- In different state people eat different types of food.
- People eat food that grows in their region.
- For example Odisha people eat rice but in Punjab people eat Roti and chapatti.



STAPLE FOOD



In East India and South India states people staple food is rice.



In the Northern states of India people generally eat roti from wheat, jowar, corn and bajra.



In the coastal areas a lot of fish eaten, as it is available plenty in sea.

FOOD GRAINS

- Different kinds of nutritious Indian breads or rotis are made from wheat, jowar and bajra.
- Rice cannot properly grow in Rajasthan where it rains very little and soil is sandy . Wheat, jowar, and bajra grow well in this climate and soil.
- The people of Punjab and Uttar Pradesh eat roti made from wheat, while the people of Rajasthan eat roti made out of jowar and bajra.



FOOD GRAINS

- Rice grows best in areas where it rains a lot.
- The states of southern and eastern India, like Andhra Pradesh, West Bengal, Tamil Nadu, Odisha and Assam grow more rice.
- Rice is the staple food in these regions.
- Rice, wheat, pulses and vegetables are staple foods for most Indians.



Words to remember

Soil- the upper layer of the Earth where plant grows

Climate- weather conditions of a place as seen over several years

Diet- the food that we eat

Nutritious- that which is good for health gives us energy and helps us grow

Wholesale market- A market where goods are received in large quantities directly from the people who produce them

Staple- main

Pulses- dried seeds of food plants such as beans or peas that are used as food.

Grain- the small hard seeds of plants such as rice and wheat

Diversity- different

Region- An area that is different from surrounding area

Learning outcome

Learner will be able to know:

- Know different types of food grains
- New words

THANKING YOU
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