

**SESSION : 5**

**CLASS : III**

**SUBJECT- SOCIAL SCIENCE**

**CHAPTER NUMBER: 06**

**CHAPTER NAME :THE FOOD WE EAT**

**SUBTOPIC : THE WAY WE COOK OUR FOOD AND  
TRANSPORTING FOOD**

---

**CHANGING YOUR TOMORROW**

---

# LEARNING OBJECTIVE :

**To enable the learner to:**

- know about different ways of cooking food
- Different ways of transport food

# The way we cook our food

- Indian food is usually cooked in ghee, mustard oil, groundnut oil, sunflower oil, coconut oil or sesame (til) oil.





# Food in India is cooked in a variety of ways.

- It is sometimes boiled, fried, steamed, baked or roasted.



# Transporting food

- The farmers grow crops in their field or farm.
- The farmers then take their produce to the wholesale markets or mandi.
- Shopkeepers and vendors buy fruits, vegetables, pulses and grains from here.
- We buy food from shops and vendors in the market.
- No country in the world can boast of the variety in food that India offers.



- Fruits and vegetables are transported from one state to another by road or by rail.
- We buy our daily or weekly supply of fruits and vegetables from these local vegetable sellers.



# NON-VEGETARIAN FOOD

- Indians also eat meat, fish and eggs.
- Meat, fish and eggs are part of a non-vegetarian diet and which diet does not contain these is called vegetarian diet.
- In the coastal regions of India, sea fish is a staple food.
- People who do not eat any animal product including milk are called Vegans.





## A. Fill in the blanks.

1. The food that people eat most in a region is called their Staple food.
2. Vegetables that grow in a particular season only are called Seasonal vegetables.
3. Nagpur is famous for oranges.
4. A food grain that can grow well in the climate of Rajasthan is Jowar.
5. Alphonso mangoes are a speciality of Ratnagiri in Maharashtra.



**Give three examples of the following, commonly found in India. Try to give at least one name for each case not mentioned in the chapter.**

1. spices: Clove, Cardamom, cumin seeds

2. vegetables: cabbage, potato, onion

3. food grains: wheat, jowar, bajra

4. sweets: gulab jamun, rasgullas, ladoo

5. dishes made from rice: kheer, biriyani, idli

# LEARNING OUTCOME :

**Students will be know about the ways to cook food**

# LEARNING OUTCOME :

## Learner will be able to know :

- know about different ways of cooking food
- Different ways of transport food



**THANKING YOU**  
**ODM EDUCATIONAL GROUP**