

WELCOME TO ONLINE CLASS

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 CHILDREN TO KNOW WAY TO COOK
FOOD OF INDIA**

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

THANKING YOU
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