

Chapter- 6

The Food We Eat

STUDY NOTES

Let's Learn

- India is a land of diversity.
- The people of India speak different languages and wear different clothes.
- People in different states eat different types of food.
- The types of food one eats depends upon the landform, climate and the crops grown in the region.
- The food that peoples in a region eat most often becomes their staple food.
- For example, rice grows best in areas where it rains a lot, like West Bengal and Assam.
- The people of east and south India eat mainly rice.
- Rice cannot be properly grown in Rajasthan where it rains very little, and the soil is sandy.
- Wheat, jowar and bajra grow well in the climate and soil of Rajasthan. So, the people of Rajasthan eat more of these grains rather than rice.
- In the coastal areas a lot of fish is eaten, as it is available in plenty in the sea.

Different kinds of food eaten in India

Food grains

- In the northern states of India, people generally eat wheat and rice.
- As you go west to Rajasthan, it is a desert area where wheat, jowar, corn and bajra are commonly eaten.
- In the southern and eastern states, rice is the staple food.

Pulses

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- Pulses are popular in all parts of the country. Rajma, chickpeas or Kabuli chana, arhar dal and moong dal are pulses that are eaten in many parts of India, though they are called by different names.

FRUITS AND VEGETABLES

- Along with food grains, fruits and vegetables also form a part of the Indian meal. Different fruits grow best in different states of our country.
- Kashmir is famous for its apples, cherries and strawberries.
- Himachal Pradesh is famous for its apples and Ladakh for apricots.
- Nagpur in Maharashtra is famous for its oranges.
- The world-famous Alphonso mangoes are grown in Ratnagiri in Maharashtra, and the Dussehri mangoes come from Uttar Pradesh.
- The pineapples grown in Assam, Goa and Kerala are really sweet.
- Coconut grows in coastal states such as Kerala and Tamil Nadu.
- But wherever you may be living in India, you can get to eat all these fruits.

- This is because fruits and vegetables are easily transported by boats, trucks, trains and even aeroplanes too far off areas.
- Some fruits and vegetables like onions, potatoes and bananas are available throughout the year.
- Carrots, peas and grapes grow in winter.
- Mangoes are only available in summer.
- Such fruits and vegetables that are available only in a particular season are called seasonal fruits and vegetables.

Spices

- Indian food has become popular worldwide. This is mainly because of the special spices we use in our food. Some of the common spices are chillies, cloves (laung), turmeric (haldi), pepper(kalimirch), cardamom (elaichi), coriander (dhania). The spices add flavour, colour and taste to our food.
- What do you call these spices in your mother tongue?

SWEETS

- Indian sweets are famous too.
- Rasgullas, Ladders, barfis, gulab jamuns, Mysore pak are some popular Indian sweets. You must have eaten and enjoyed sweets in weddings and festivals.

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.

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.

Transporting food

- Have you ever wondered how food reaches us?
- 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.

MEMORY MAP

THE FOOD OF INDIA

Fruits	Vegetables	Pulses	Grains	Spices	Non-veg
Orange (cool part of) Maharashtra Madhya Pradesh Assam Nagaland	Potato Tomato Brinjal Cabbage Chilly Pumpkin	Masoor Moong Rajma Chana Toor	Wheat Uttar Pradesh Punjab Jowar/Bajra Rajasthan	Spices Black pepper Cardamom Cloves Cinnamon Turmeric Ginger	Chicken Fish Meat Egg
Mango (warm) Andhra Pradesh Telangana Uttar Pradesh Odisha West Bengal Karnataka	West Bengal Uttar Pradesh Bihar Tamilnadu Odisha	Madhya Pradesh Maharashtra Uttar Pradesh Rajasthan Telangana	Rice Andhra Pradesh West Bengal Tamilnadu Odisha	Kerala Karnataka	
Apple, Apricot, peaches Arunachal Pradesh Himachal Pradesh Kashmir Ladakh					
Coconut Kerala					

Teacher's Note

- Identify and color the states famous for spices in an outline map of India.

Improve Your GK

- Makke ki roti and sarson ka saag are popular in Punjab.
- In eastern India, milk made dishes are popular. For example, Rasgullas, Sandesh, cham-cham.
- In Kolkata rice and fish curry is their staple diet.
- In southern states, idly, dosa, sambhar, uthappam and rasam are common. Rice is an important part of their diet.
- Tea and coffee are also grown in hilly regions of Assam, Nilgiri and Kerala.

Let's Know More-**Cross the wrong word:**

1. Apples, mangoes, Peaches, Apricots
2. Jowar, bajra, chana, rice
3. Wheat, toor, moong, masoor
4. Cinnamon, cardamom, cloves, corn
5. Tomato, apricot, brinjal, beans

Let's Do**A. Fill in the blanks.**

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

B. 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:
2. vegetables:
3. food grains:
4. sweets:
5. dishes made from rice:

C. Answer the following questions.

1. Why do people in different regions of India eat different kinds of foods?
2. Why has Indian food become popular worldwide?
3. What are the different kinds of fruits found in India?

4. Which are the different types of oils used in our cooking?
5. How does the crop grown by the farmers reach us?

Answer:

- A.
1. Staple
 2. Seasonal
 3. oranges
 4. Jowar
 5. Alphonso
- B.
1. Clove, Cardamom, cumin seeds
 2. cabbage, potato, onion
 3. wheat, jowar, bajra
 4. gulab jamun, rasgullas, laddoo
 5. kheer, biriyani, idli
- C.
1. People in different regions of India eat different types of food because the food eaten in different regions of country depends on climate and soil of the place.
 2. Indian food has become popular worldwide mainly due to the spices we use in our cooking.
 3. In India bananas, mangoes, oranges, pineapple, cherries and apricot are found.
 4. Groundnut, sesame, sunflower and coconut oils, and ghee are used for cooking.
 5. The farmers grow crops in their field and then take their produce to the wholesale market. Shopkeeper buy fruits, vegetables, pulses, and grains from wholesale market and the finally we buy from shopkeepers.
- D.
1. Coastal areas
 2. food grain
 3. coastal areas
 4. summer fruit
 5. apples