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**LESSON**  
PART 1





**In this lesson, we shall learn about :**

- ◆ The food grains
- ◆ Pulses
- ◆ Fruits and vegetables
- ◆ Cooking oils
- ◆ Spices
- ◆ Sweets

### **New Words**

millet, maize, staple, edible, saffron, yoghurt

Our country is very large with different physical features. The climate varies from one place to another. People of different religions live here. They have different cultures, different lifestyles and different **food habits**. Different kinds of **crops** are grown on different places.



Some types of food grains

**Major food grains eaten in different regions of India are :**

East India	:	Rice
West India	:	Millet and wheat
North India	:	Wheat
South India	:	Rice







**Food Grains:** The most common food grains of our country are **wheat**, **rice**, **maize** and **millet**. Wheat and rice are grown in a large quantity in the Northern Plains. Punjab, Haryana, Uttar Pradesh, Bihar, Madhya Pradesh, Maharashtra, Gujarat, Rajasthan, etc are famous for the production of wheat.



Rice is the staple food of South India and the Coastal regions. It is grown abundantly in Kerala, Tamil Nadu, Telangana, Andhra Pradesh, West Bengal and Odisha. Rice can be eaten boiled or fried. Many dishes are made with rice like dosa, idli, kheer etc.



People living near sea coasts eat **rice** with **fish**. Jowar, bajra and corn are eaten commonly in the desert state of Rajasthan.



**Think and Discuss**

Can you name some favourite dishes of the people of South India?



**Pulses :** Pulses are called **dals** in India. These are the edible seeds of some plants. Some commonly eaten pulses are arhar, moong, urad, masoor, etc. They can be eaten boiled or fried. Some pulses can be grounded (powdered) to make flour.



■ **Some Facts :** Cereals and pulses make the basic diet of the people all over India.

**Fruits and Vegetables :** Indians like to have fruits and vegetables a lot. Various vegetables are grown throughout the country. Potatoes, tomatoes, cauliflowers, peas, radishes, onions etc. are grown in a large quantity. Some vegetables are eaten cooked, some are eaten raw and some are eaten both cooked and raw.



■ **Activity**

Make a chart showing the vegetables which can be eaten raw or cooked or both raw and cooked.



We all like to have fruits. Some fruits are **seasonal** and some are available throughout the year like banana and apple. Some fruits like mango, grapes and orange are seasonal.

■ **Activity**

Write the names of two fruits available in winter and two fruits available in summer.

■ **Some Facts :** Himachal Pradesh is known as the "**Apple State of India**".



Some states in India are famous for the production of fruits. Jammu and Kashmir and Himachal Pradesh are famous for good quality apples. Nagpur of Maharashtra is famous for oranges. It is called '**the city of oranges**'. Another town of Maharashtra, Ratnagiri is famous for **alphonso mangoes**. Bihar is famous for **litchies** and Gujarat is famous for **chikus**.





Coconut is grown on a large quantity in the coastal states such as Kerala and Tamil Nadu. Banana is grown in the southern part of India. Cherries and strawberries are grown in Kashmir and Ladakh is famous for **apricots** all over the world.



*Coconuts*



*Bananas*



*Cherries*



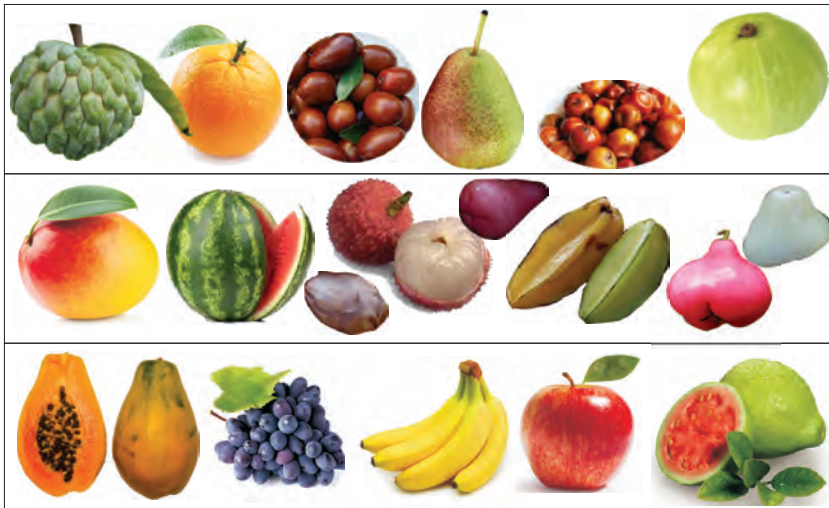
*Strawberries*



*Apricots*

**Some Facts :**

India, after China, is the second largest producer of vegetables in the world.



*Available in winter*

*Available in summer*

*Available throughout the year*

**Cooking Oils :** We use oil to cook food. Some of the commonly used oils in India are mustard oil, coconut oil, sunflower oil, groundnut oil, soya oil, til oil and ghee. People living in different states use different cooking oils. People living in the West and the South India use groundnut oil, coconut oil or til oil for cooking. People of the North and the East India use mustard oil and sunflower oil for cooking. However this may vary depending on the people.

*mustard oil*



*coconut oil*



*sunflower oil*



*groundnut oil*



*soya oil*



*til oil*



*ghee*





**Activity** We use oil for cooking. Try to write some other uses of oil.

**Spices :** India is famous for its spicy food. Spices add taste and flavour to the food. The most commonly used spices are chilli powder, coriander, turmeric, cloves, cardamom, saffron, etc. Kerala is famous for its spices. Kashmir is famous for saffron.



*chilli powder*



*turmeric*



*cloves*



*cardamom*



*saffron*

**Remember** Indian spices are famous all over the world.

**Some Facts :** India is the largest producer and exporter of spices in the world. From the ancient times, India has exported spices to the other countries in the world.

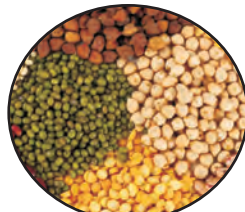
**Think and Discuss** We add salt to most of our food. From where do we get it ?

**Sweets :** Indians are very fond of sweets. Different states are famous for different sweets. **West Bengal** is famous for its sweets like **rasogullah** and **sandesh**. Various sweets are made from milk, yoghurt, fruits and nuts.

**Vegetarians and Non-vegetarians :** People who eat only food grains, pulses, fruits, vegetables and milk products are called **vegetarians**. People who eat eggs, fish, meat and meat products along with all the above products are called as **non-vegetarians**.



*sweets*



*grains-pulses*



*fruits-vegetables*



*non-vegetarian food*



## □ THINGS TO REMEMBER

1. People generally eat food that is grown in that particular region.
2. Wheat, rice, bajra and maize are the common food grains.
3. India is the second largest producer of vegetables.
4. Different states are famous for the production of different fruits.
5. Sweets specially prepared with milk are fondly eaten.
6. India is famous for its spices all over the world.



## EXERCISE

### A. Write 'T' for True and 'F' for False :

1. People living near sea coast eat rice with fish. ( )
2. Himachal Pradesh is known as 'the Apple State of India'. ( )
3. Rajasthan is famous for oranges. ( )
4. Spices add taste and flavour to the food. ( )
5. People who eat meat are called vegetarians. ( )

### B. Fill in the blanks :

1. \_\_\_\_\_ and \_\_\_\_\_ are the most commonly food grains eaten in India.
2. People in coastal areas eat \_\_\_\_\_ with fish.
3. Jowar and Bajra are popular in the state of \_\_\_\_\_
4. \_\_\_\_\_ is famous for spices.
5. Rasogullah and Sandesh are famous sweets of \_\_\_\_\_
6. Cereals and \_\_\_\_\_ make the basic diet of Indians.

### C. Match the following :

- |                     |     |                      |
|---------------------|-----|----------------------|
| 1. Apples           | ( ) | (a) Ratnagiri        |
| 2. Oranges          | ( ) | (b) Gujarat          |
| 3. Alphonso mangoes | ( ) | (c) Ladakh           |
| 4. Litchies         | ( ) | (d) Kashmir          |
| 5. Chikus           | ( ) | (e) Bihar            |
| 6. Apricots         | ( ) | (f) Nagpur           |
| 7. Cherries         | ( ) | (g) Himachal Pradesh |



**D. Name the following :**

1. Two staple foods of India :  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
2. Two states where wheat is grown :  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
3. Two states where rice is grown :  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
4. Two sweets of West Bengal :  
(a) \_\_\_\_\_ (b) \_\_\_\_\_
5. Any two products of milk :  
(a) \_\_\_\_\_ (b) \_\_\_\_\_

**E. Answer the following questions :**

1. Which cereals are grown in India ?
2. Who are vegetarians and who are non- vegetarians ?
3. What are spices used for ? Name any four spices commonly used in your house.
4. Why is sea food popular in the coastal regions ?
5. Why do we use oil ? Write the names of any four oils used to cook food.

**Project / Activity**

**F. Prepare a list of vegetables and fruits available in the market nowadays.**

**G. Prepare a list of five fruits and vegetables grown in your state.**

**H. Prepare a list of five food items commonly cooked in your kitchen.**