

The Story of Food

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Venu's Family



Rani's Family



Look at the pictures given above.

What kind of work are people doing in both the families?

Is your family like any one of these families? If yes, like which one? How is your family like their's?



Discuss carefully and sensitively the issues such as defined gender roles, etc. Allow children the freedom to question these without hurting the feeling of others.



If not, let us talk about your family.

* Do all the people in your family eat together? If not, why?

* Who eats last in the family?

* Who does not help in cooking food in the family and why?

* In the table, some of the work done in the house has been mentioned. Find out who does them in your house and who does them in your friend's house. You can add some other work also to the list.

Work	Who does the work	
	In your house	In your friend's house
Cooking food		
Buying things from the market		
Sweeping		
Cleaning the utensils		
Filling water		

* Who does more work?

In your's house _____

In your friend's house



Where does what we eat come from?

The names of some food items are given below. Add some more names to the list. Draw a green  around those items that we get from plants. Draw a red  around those items that we get from animals.

Honey	Turmeric	Fish	_____
Corn	Milk	Lemon	_____
Spinach	Potato	Ajwain	_____
Egg	Meat	Banana	_____
Tomato	Onion	_____	_____



When you are sick, do you take any medicine which we get from plants? What do you take when you

◆ get hurt _____

◆ have a stomachache _____



Help children to identify plants which are available in their immediate environment and are used as medicines. This will enhance their traditional knowledge of medicinal plants.

◆ have cough and cold _____

◆ have a toothache _____



Choose the correct basket for each item. Draw a line to match.

flowers

leaves

fruits

any other part of a plant

Ginger

Carrot

Mango

Jackfruit

Gram

French beans

Spinach

Mustard

Cauliflower

Radish

Banana

Potato

Flowers of Kachnar

Amla

Lotus stem

Curry leaves



In this exercise names of some parts of plants eaten as food are given. More names can be added to the list during discussion.