



## Various Nutrients Do for our Body

### Food and Its Importance

#### Definition & Role:

- Food is the substance we consume to sustain life.
- It provides essential energy for all bodily functions.
- Critical for growth, development, and overall well-being.

#### Fundamental Functions:

**Energy Supply:** Fuels activities from simple movements to complex processes like breathing and digestion.

**Nutrient Provision:** Delivers proteins, carbohydrates, fats, vitamins, and minerals necessary for physical and mental growth.

**Disease Prevention:** Certain foods boost the immune system, helping to fight infections.

**Tissue Repair:** Nutrients (especially proteins) assist in repairing damaged cells and tissues.

### Regional Food Culture in India

#### Gujarat & Karnataka:

**Crops:** Pearl millet (bajra), jowar, wheat, rice; (Karnataka: Rice, ragi, urad dal, coconut)

#### Traditional Dishes:

**Gujarat:** Handvo, thepla, dhokla, fafda, undhiyu

**Karnataka:** Idli, dosa, sambhar, coconut chutney, ragi mudde, playa

#### Popular Beverages:

**Gujarat:** Buttermilk, sugarcane juice

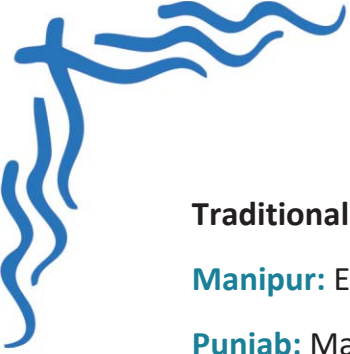
**Karnataka:** Filter coffee, buttermilk

#### Manipur & Punjab:

#### Crops & Staples:

**Manipur:** Rice, bamboo shoots, soya bean

**Punjab:** Maize, wheat, chickpeas, pulses



### **Traditional Dishes:**

**Manipur:** Eromba, utti (pea and onion curry), singju, kangshoi

**Punjab:** Makki di roti, sarson da saag, chholebhature, paratha, halwa, kheer

**Popular Beverages:** Lassi, milk, tea (with Punjab often enjoying tea and milk)

### **Rajasthan & West Bengal:**

#### **Rajasthan:**

**Crops:** Bajra, jowar, gram, maize

**Dishes:** Dal baati churma, gatte ki sabzi, kersangri

**Beverage:** Buttermilk (chaas)

#### **West Bengal:**

**Crops:** Rice, fish, mustard seeds

**Dishes:** Fish curry, rice, luchi-aloo dum, rasgulla, sandesh

**Beverage:** Tea (chai)

### **Change in Cooking Practices Over Time**

#### **Traditional Cooking Practices:**

**Methods:** Use of chulhas (clay stoves) fueled by wood or coal.

**Tools:** Manual grinding with sil-batta (stone grinder).

**Food Preparation:** Labor-intensive processes requiring significant manual effort.

**Storage:** Reliance on natural methods like sun drying or using clay pots.

**Culinary Influence:** Recipes and techniques were based on local traditions and available ingredients.

#### **Modern Cooking Practices:**

**Methods:** Use of gas stoves and electric induction cooktops.

**Tools:** Electrical grinders, mixers, and food processors for quicker, easier preparation.

**Food Preparation:** Modern appliances reduce manual work and save time.

**Culinary Influence:** Exposure to global cuisines has introduced new flavors, fusion recipes, and innovative techniques.

**Storage:** Common use of refrigerators and freezers for preserving perishable items.