

6. Variety in Food



Try this.

We use the vegetables and grains bought from the market to prepare the different dishes in our meals. Let us carry out the following activity related to food.

Find out :

- Which grains and vegetables does your family buy from the market?
- As shown below, make a table of the different dishes prepared from the different grains or vegetables at home.

No.	Grain or Vegetable	Dishes made	Total number
1.	Rice	 Bhakari Idli	3
2.			

- Look at your list. If a grain or vegetable is used to make more than one food item (dish), write the total number of such items in the next column.
- Compare your list with that of your friends.
- In your table, add the foods that are in their lists but not yours. For example,

No.	Grains and vegetables in friend's list	Different food items
1.	Rice	 Modak Dosa
2.		

- You will realize that various dishes can be made from the same ingredients.
- Even when there is a variety in the dishes, the basic ingredient remains the same. In the example above, we saw various preparations of rice.
- Note that there is diversity in the food items of the different States of our country.



Use your brain power !

- In every region, there is one staple food. What is the reason for that?
- Why does the staple food of people vary according to region?



Can you tell ?



- Study the map given above.
 - Observe the distribution of food crops in the country.
 - Study how the distribution of crops varies in the different regions.
- (1) Which food crop is grown on a large scale in the coastal regions?
 - (2) Which food crops are grown in North India?
 - (3) Which is the major food crop in the central region?
 - (4) Rice is grown on a large scale in the southern part of India. Why is this so?

Agriculture is the main occupation in all parts of our country. It is mainly dependent on rainfall. The rainfall received in all regions is not the same. In regions of high rainfall, crops such as rice, coconut, ragi and varai are grown. Wheat, toor and soyabean are grown in regions of moderate rainfall.

Jowar, bajra and moth beans are grown in regions of low rainfall.

To help crops to grow well, good seeds, fertile soil, sufficient sunlight and water are needed. According to the seasons, a variety of grains, fruits and vegetables are grown in our country.



Try this.



Visit the local fruit sellers. Note down the names of the fruits sold in the shops. Discuss the following points with them.

- (1) Which fruits are sold all year round?
- (2) Which fruits are not available in the rainy season?
- (3) Which fruits are sold in summer?
- (4) In which season are fruits available in plenty?
- (5) In which season do we get fewer fruits?

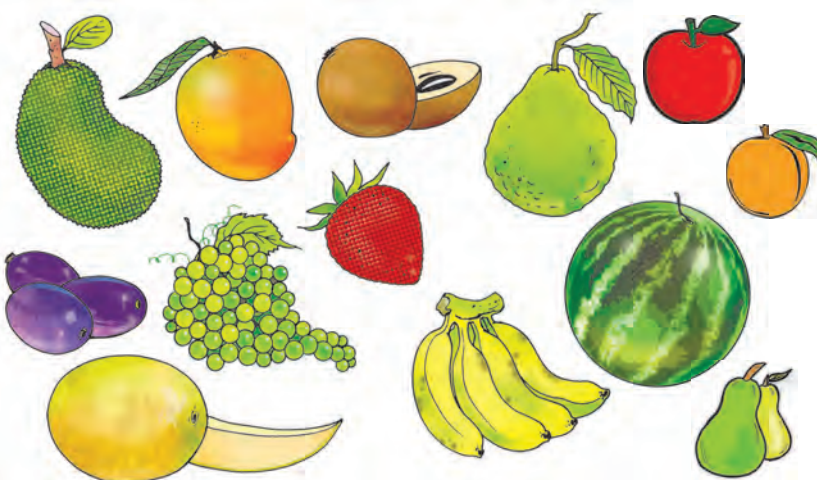
- The availability of fruits varies according to the season. Different fruits are available in different seasons.



Use your brain power !

Look at the fruits in the picture.

- Make a table as shown below of the fruits that are available in each season.
- Include the names of fruits you know even if they are not shown in the picture.



Summer	The rainy season	Winter



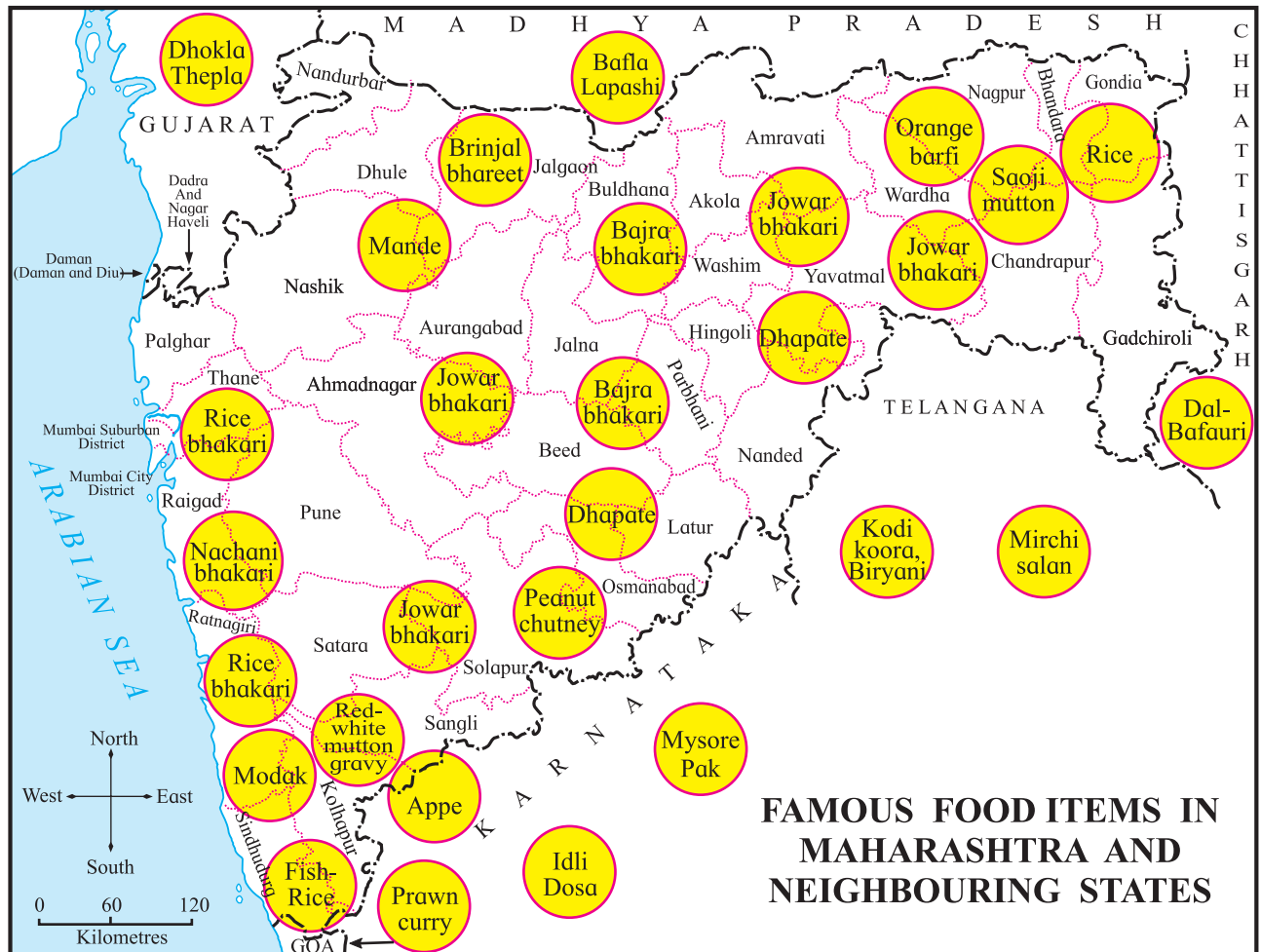
What's the solution ?

- Irfan and Supriya bought potatoes because they were very cheap. But they are tired of eating potato *bhaji*. Suggest different preparations of potatoes to them.



Can you tell ?

The map given below depicts famous food items from Maharashtra and its adjoining States. Study the map and complete the table given below.



- Draw a table like the one shown below.
- Make a list of districts/States and their famous food items.
- Find out which grain/fruit/vegetable these items are made from and write that in the third column.

District/State	Food item	Main ingredient

The main crop grown in any region is used to make various items in that region. For example, jowar is grown on a large scale in the plateau region of Maharashtra. *Hurda, lahya, bhakari, ghugrya, papad, sandge, ambil, dhapate, dhirde*, etc. are all preparations of jowar enjoyed in that region.

In Konkan or the coastal region, rice, coconut and coconut oil are widely used. In central Maharashtra, jowar, bajra, groundnuts, soyabean, sesame and mustard are more commonly used. Note that this variety in crops is due to the change in climate and soil. The crops grown in a region determine the diet of the people in that region.



Do you know ?

Some fruits and vegetables which were previously available only in a certain season are now available all year round. There are several reasons for this.

- (1) Availability of water throughout the year.
- (2) Availability of improved seeds.
- (3) Importing fruits and vegetables from various parts of the world.
- (4) Faster transport facilities.



Use your brain power !

- Suppose you are not able to get food items made from jowar, bajra, wheat, rice and corn. Think of the food items that you will have to eat in that case. Make a list of such items.



Always remember –

A region's climate, soil, water and people's needs determine the crops that are grown in that region and also their staple diet.



What we have learnt –

- Diversity in food items.
- Food items vary according to the region.
- The availability of grain, fruits and vegetables depends on the seasons.
- The various food items in Maharashtra and the neighbouring States.



Exercises

(A) Answer in short.

1. Which food items can be prepared from wheat?
2. Write the names of different edible oils.
3. Which is the special food item prepared in your village, town or city? What is it made from?

(B) Circle the odd one out in the given food items. Write why it is the odd one.

1. Mango pickle, mango, mango jam, mango pulp.
2. Pulao, paratha, dahi-bhat, biryani.
3. Mysore pak, *puranpoli*, *thalipeeth*, *jhunka-bhakar*.

(C) Guess whether each of the following items is a grain or a vegetable and make a list of the food items that can be prepared from each.

- Maize
- Pumpkin
- Cluster beans (guar)



Activities



- Obtain information about one food item made in other regions and make that item at home with the help of your parents.
- Make a list of the famous food items you have eaten when out of town. Find out the main ingredient of some of those items.



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