

13. Our Diet



At Raju's house

Father : Come on, let's have our dinner. But, where's Raju? He's always the first to come for a meal.

Mother : He is running temperature. I gave him some soft *dahibhat* a little while ago. He has just fallen asleep.

Father : Let him rest. Shall we start then?

Tai : Yes! Right away. Today we played a *langadi* match in the school. I'm so hungry.



Mother : Come. Come at once.

Tai : Oh, Mamma, why have you made cabbage? You know I don't like it. I don't want it.

Mother : That's not the way to speak, dear! You want to be healthy, don't you? Then you have to eat all kinds of food preparations. And nothing should be left over in your plate.

Tai : Right! Our teacher also tells us that. I wasn't going to waste anything.



Father : That's my good girl!

Tai : What's this, Dad? You took only one bhakari ! That can't be enough for you!

Grandpa : He works at a desk all day.

That doesn't make anyone hungry. We used to do physical labour all day. We ate at least four bhakarīs at every meal. But now I have grown old. I don't feel hungry as I used to.

Grandma : Me, too.

Mother : Yes, you eat so little now. Here, Ma, I have soaked half a bhakari in milk for you.





Can you tell ?

- Why did mother give Raju soft *dahibhat* ?
- Why was Tai so hungry?
- Why is one bhakari enough for Father?
- Why do Grandpa and Grandma eat only a little ?

A new term :

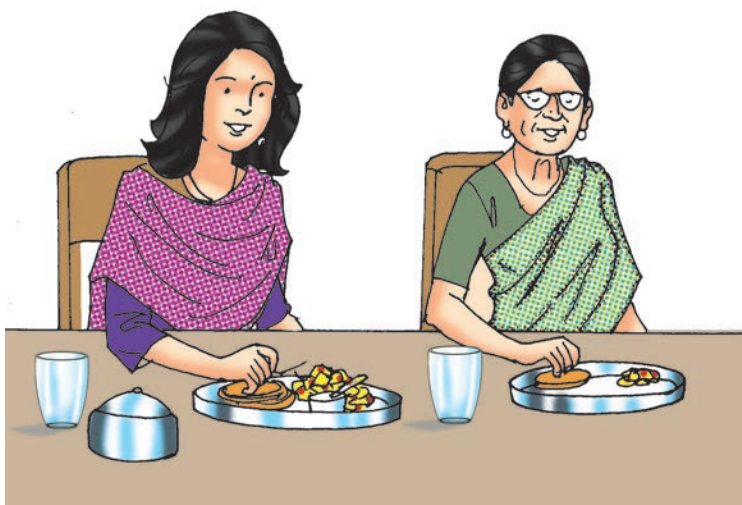
Diet : We eat some food preparations as part of our meals every day. We also eat some snacks between mealtimes. Besides, we might also have milk, tea, coffee or sherbets. All that we eat or drink during the day is together called our 'diet'.

• Why does our food intake differ on different days?

Sometimes, we feel very hungry and we eat a lot. That day our food intake is more. At some other time, we do not feel so hungry and we eat very little. That day our food intake is less.



Can you tell ?



Which of these two is likely to have a bigger intake? What could be the reason for that ?

Tai is young. She eats more. So, her intake is also bigger. Grandma is old. So her intake is limited.

When doing certain kinds of work, we make a lot of vigorous movements. Such work is hard on the body. It is called physical labour. Physical labour makes us very hungry.

Some kinds of work can be done sitting at one place. It does not take hard physical effort to do it. Such work is called sedentary work. People who do sedentary work do not feel as hungry as those who do physical labour.



Sedentary work



Physical labour

The diet of people doing physical labour is greater. They need more food.



Do you know ?



Chores like carrying water, washing clothes, sweeping and mopping the floor involve physical labour. Those who do such work feel more hungry.



Whether it is a man or a woman who does these chores, it is necessary that he or she gets enough food.



Do you know ?

When children are growing, bodily growth is very rapid. So, girls and boys of growing age need a lot of food.



Can you tell ?

- Will pumpkin be cooked at all the children's houses on the same day?
- Would you like it if you got the same menu at every meal every day?
- Why can we not get mangoes throughout the year?

• Variety in food

We eat a lot or a little depending on how hungry we are. That is, our hunger determines how much we eat. Here, we are thinking about the amount we eat.

We also need to consider which food items we eat.

Different people include different items of food in their diet.

What could be the reasons for that?

If only a certain combination of dishes is prepared every day, then we have to eat the same food all the time. Having such meals would be a boring chore. So, different dishes are prepared in turn.

In regions where rice grows in plenty, rice becomes a major part of the diet of the people living there. In regions where jowar or bajra are a major crop, people include more of 'bhakari' in their meals. In certain regions, wheat is the major crop. People in those regions eat more chapatis. Fish is available in plenty in the sea. Therefore, the people in Konkan have a lot of fish in their diet.



Depending on their seasons, we get different vegetables and fruits at different times of the year. Accordingly, the food items in our diet also change.

When there is a ceremony, special dishes are prepared. We make sweets especially when we celebrate a festival.

● **What care should we take about our food –**

If we wish to be healthy, then we must take care about our diet. So, we should eat all the dishes made at home. We must not avoid eating things merely because we don't like them.

Sprouted pulses and leafy vegetables should be included often in our diet.

We should also have yoghurt and buttermilk occasionally.

Newspapers and TV frequently advertise cold drinks. They also advertise many food products. We are tempted to buy them. They are tasty. Their wrappers are attractive. But that does not mean that they are also good for health.





What we have learnt –

- * All that we eat and drink in a day is together called ‘diet’.
- * Age, physical labour and the state of health cause diet to differ from person to person.
- * Diet also changes according to the food items available in the different seasons.
- * The foodstuffs readily available in different regions are different. This brings about diversity in people’s diet.
- * Eating a variety of foodstuffs in our diet helps to meet all the food-related needs of our body.
- * The attractive and tasty food products that we see in advertisements may not be necessarily good for health.



Always remember –

To keep good health, care must be taken about the food we eat.



Exercises

A. What’s the solution?

I need to wait after school for kabaddi practice. But I feel very tired. I cannot pay attention to anything. But, I don’t want to miss the practice.

B. Think and tell.

- Classify the different kinds of work given in the list below as sedentary work and physical labour.

(a) playing kho-kho	(b) sorting out stones from rice	(c) cycling
(d) reading a book	(e) sweeping the floor	(f) climbing a mountain
(g) drawing a picture	(h) carrying loaded trunks	(i) weeding the garden

C. True or false ?

- One must eat all the food preparations made at home.
- It is necessary to eat all the food products that we see in advertisements.
- Eating foodstuffs which are attractively wrapped helps to improve health.
- All expensive foods are good for health.

D. Answer in one word.

- (1) In which season do we have mango pulp (*aamras*) ?
- (2) In which season do we get sugarcane juice ?
- (3) In which season do we get *harbhara* ?
- (4) Playing in the sun has made you very thirsty. You have the option of having a fresh lemon sherbet or a cold drink bought in the market. Which drink is better for you ?

E. Whose diet is more? Why?



F. Think and tell.

- A three-year old feels full on eating half a bhakari. Would half a bhakari be enough for his mother, too ?
- One man eats five chapatis every day. But one day he has a high fever. Will he eat five chapatis that day? Why?
- Diet differs from person to person. What are the reasons for that ?
- Why does mother have to soak Grandma's bhakari in milk ?
- Why does mother tell Tai not to leave any food on her plate ?



G. Find out.

Find out how to sprout pulses such as *moong*, *matki*, broad beans (*waal*) or white beans (*chavali*). Write it down and tell others in your class about it.

H. Fill in the blanks.

- (1) Whether a person who does physical labour is a or a, they must get plenty of food.
- (2) If we want to be healthy we must be careful about our
- (3) We are to buy foodstuffs that we see in advertisements.

Activity

Visit the vegetable market on a winter day. Look at all the fruits and vegetables you see there. Make a list of the things you see in the market in the table below.

Vegetables	Fruits

