

FOOD VALUES : PURPOSE OF FOOD

The true purpose of food is to fuel our bodies. Food is fuel !

Food is not for pleasure. We don't need the greatest tasting JUNK food to survive.

We simply need food that fuels our bodies and all of the necessary processes that take place within our bodies. The food you feed your body is the fuel your body runs on, day in and day out.

If you want to build muscle and burn fat optimally and as fast as possible, you are simply going to have to feed your body properly. Your performance in the gym is very important for your goals, and you need to give your body the fuel it needs to perform!

And, if you want to build muscle, keep the fat off, feel better, and be a healthy person, you're going to have to eat properly for the rest of your life.



RECIPE 01

PANCAKES AND TEA

Ingredients : Serves 4, (2 each)

- 1 cup (195 grams) all-purpose flour or cake flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup (295 ml) milk
- 1 large egg
- 4 tablespoons unsalted butter
- 1 teaspoon vanilla extract

Method :

- Whisk flour, sugar, baking powder and the salt in a medium bowl.
- Warm milk in the microwave or on top of stove until lukewarm, not hot (you should be able to keep your finger submerged for 10 seconds).
- Whisk milk, egg, melted butter, and the vanilla extract until combined. (By warming the milk slightly, the melted butter mixes into the milk instead of turning into small lumps).



Pani pol

- 250g Desiccated coconut or fresh coconut
- 100g sugar or jaggery
- 1 teaspoon vanilla
- 3 Cardamom pods crushed
- 1 Cinnamon stick



Method :

Caramelize $\frac{1}{2}$ cup sugar, jaggery.

Once browned,
Add all the other ingredients.

Add salt and a little water if the mixture is too dry.



Making Tea

Plain tea : Serves 3

- 4 teaspoons Tea leaves
- 5 to 6 teaspoons of sugar
- Hot water

Method :

To make a good tea, certain rules should be observed.

The water should be freshly boiled in a kettle.

Rinse out the tea pot with boiling water to warm it before putting in the tea leaves.

Pour the water on the tea leaves while still bubbling and let it stand for not more than 3 minutes.

Serve immediately, or else stir once and strain into another tea pot and cover to keep it warm.

Tea can also be served with fresh milk or powdered milk and sugar.

Milk tea : Serves 3

- 4 teaspoons tea leaves
- 5 to 6 teaspoons of sugar
- 5 teaspoons of milk powder
- Hot water

BASIC FOOD HYGIENE



A hygienic cook is a healthy cook. So please bear the following in mind when you are cooking.

The term "food hygiene" is used to describe the preservation and preparation of food in a manner that ensures the food is safe for human consumption.

- Food hygiene in the home kitchen includes things such as the proper storage of food before use.
- Washing one's hands before handling food.
- Maintaining a clean environment when preparing food and making sure that all serving dishes are clean and free of contaminants.
- Meats must be stored and cooked properly as part of proper food hygiene.