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Science of Kitchen



Read :

We take cereals, pulses, fruits, milk and vegetables as food. We get energy from food. Different regions have different varieties of food. We prepare food either by boiling, roasting, frying or deep frying. Many food items can be eaten in raw form. There are varieties in our food.

Good and nutritious food is necessary for the growth of our body. For strong and healthy body, it is necessary to have knowledge of kitchen. It includes various spices used in the kitchen.



Observation :





- What is seen in the picture?
- Which spices are seen in the kitchen?
- What is being cooked in the pressure cooker?



Read :

Given below are the details of the food taken by Bhavana and Dipa :

Sr. No.	Day	What did you eat?		Deep fried food	Boiled food	Roasted food	Fried food
		Morning	Evening				
1	Monday	Rotalo - Saak	Chapati - Saak	-	✓	✓	-
2	Tuesday	Daldhokali	Khichadi-Kadhi	-	✓	-	-
3	Wednesday	Puri-Saak	Dhokla	-	✓	-	-



Write :

Sr. No.	Day	What did you eat?		Deep fried food	Boiled food	Roasted food	Fried food
		Morning	Evening				
1							
2							
3							



Read :

There is a boy. His name is Mahesh. Everyday, he asks for spicy food. After eating such spicy food, he started having problems in his stomach. One day Mahesh was in school. All students were playing. His stomach started paining. His pain increased gradually. He was taken to the hospital.

**Think and Say :**

- Why was Mahesh's stomach paining?
- What would the doctor have said to Mahesh?
- What will Mahesh do now?

**Read :**

There is girl named Varsha. She studies in standard five. She loves eating outside food. Everyday she eats uncovered and stale food from vendors. Varsha does this daily. Varsha does not like eating at home. Everyday Varsha goes to hotels, restaurants and vendors. She eats whatever she likes.

**Think and Say :**

- What different food items must she must be eating from the vendor?
- Why does Varsha eat stale and outside food?
- What would have happen to Varsha after eating outside food?

**Read :**

What would have happen to Varsha? We have learnt that why this has happened. Stale, fried and spicy food is harmful for our body. We may have to face minor-major diseases. Health is directly related to healthy food.

You eat varieties of food. There are various methods to prepare this food. Let us collect information regarding it.

Given here are names of various food items. Say how they are cooked. You can also take help of your mother.





Write :

Sr. No.	Details of food	How is it cooked?			
		Deep Frying	Boiling	Roasting	Frying
1.	Khichdi		✓		
2.	Rotalo / Rotali				
3.	Puri				

- Food and health are also related to the method of cooking.
- Raw, food roasted or boiled at low temperature is considered to be the best.
- Avoid using utensils made of plastic and aluminium for cooking or for eating food.
- Sunlight gives us constant and free of charge energy. Cookers are available for cooking food using this energy. Such cookers are called Solar Cookers. The quality, nutrients and taste of food are naturally maintained in the food cooked in solar cooker.
- Who uses such solar-cookers in your area?
- Get information regarding solar cooker and other such appliances.



**Write :**

Write a note on advantages of using solar cooker.

- _____
- _____

**Read :**

The tastes of different foods is not same. We enjoy food due to difference in the taste and aroma in the food. Which different tastes have you experienced?

- _____
- _____

- The food has six main tastes: Sweet, salty, sour, pungent, astringent and bitter. For good health all tastes should be taken in proper quantity .

From which food do we acquire the following tastes?

**Write :**

Taste	From what do we get?	How is it present in the food?				
		Raw	Boiled	Roasted	Fried	Any other
Sweet	Sugarcane, jaggery, sugar cubes, sugar	✓	-	-	-	✓
Salty						
Sour						
Pungent						
Astringent						
Bitter						



**Read :**

Many spices are used to prepare food in the kitchen. Salt, chilly, turmeric, cumin, fenugreek, mustard, jaggery, tamarind etc. are among these spices. Such components are very important for our health. There is some scientific approach related to each of these components of the kitchen. This information is very important to us.

Let's identify the spices based on its taste.

**"Six tastes don't include my name;
yet, no taste without me is my tall claim."**

Jaggery, sugar, sugar cubes, sugarcane and naturally ripen fruits are sweet things. We get energy from sweetness.

**"I am Mr. Salt, briny taste is my fame,
King of every kitchen, famous by this name."**

Salty taste is mainly provided by salt. Do you know it? The food is tasteless without it. During fever the cloth soaked in salty water is kept on the forehead to reduce fever.

**"A thought of me, sizzles your tongue and look how mouth waters,
Sweet and sour is my tasty yummy juice one loves and slurps."**

Sour juice is obtained from lemon, tomato, tamarind, kokum, amla, raw mango etc. Sour taste helps in digestion of food. You must have drunk buttermilk after having meals. Buttermilk is beneficial for digestion of food.

**"Green and Red are my colours, I am known as Chilly,
Keeping your tongue stinging-spicy-tangy is my ability."**

Spicy taste is obtained from chilly, mustard, black pepper, ginger, ajjwain, garlic, chinnamou, clove, white pepper etc. Spicy spice kills harmful organisms. Secretes digestive juices. But too much of spicy food is harmful.

**"No one loves me as I taste plume and crest,
Help rid of cough and bad tasting mucus, I am the best."**

Turmeric, pulses, mango seed, betel nut etc have astringent taste. Astringent taste removes sticky substances from our body. Mango seed and betel nut are used as mouth freshener and remove the stickiness from our mouth.





**"People just spit me out, but when sick gulp and gobble,
Know my virtues for healthy life, bitter taste is noble."**

Bitter taste is obtained from fenugreek, bitter gourd etc. The neem is also bitter in taste. The bitter juice activates our hunger. It helps to keep our body disease free .



Write :

We have acquired introduction about some of the kitchen spices. Introduce any one component or spice of the kitchen to your friend. Identify the things brought by other friends.

On that basis fill in the following table :

Components of kitchen	Color	Taste	Use	Does it smell? Yes / No
Turmeric	Yellow	Astringent	In kitchen, to apply on injury on the body	Yes





It is True :

The ingredients used in the kitchen provide taste, flavor and aroma to our food. They are known as appetite and health stimulant.



Read :

Given is the list of ingredients used in the kitchen. ☐ the product you know. Get the information of the unknown ones and fill in the empty box.

Jaggery	Sugar cubes	Sugar	Salt		
	Coriander	Chilly		Tamarind	Kokum
Ginger		Turmeric		Black peeper	Ajma
Chinnamou	Clove	Cardamom	Asafoetida	Dry ginger powder	Cumin
Mentha	Curry leaves	Garlic		Mustard	Lemon



Write :

- Which tastes are liked by you?

• _____ • _____ • _____

- Which dishes of your tastes do you eat?

• _____ • _____ • _____



It is True :

Excess of taste and aroma in the food is harmful for health. Due to this there is rapid increase in the patients of heart attack and diabetes. According to the season of our country proper use of taste and spice should be made.

**Write :**

Ask your elders and write about components of kitchen or spices used as primary cure for diseases.

Disease	Which component of kitchen is used?
Sneezing, cold	Add turmeric and dry powder of ginger in hot milk and drink. Gargle with salty water.

**Think and Say :**

Which spices from kitchen are used to cure diseases?

- _____
- _____
- _____

Based on this we can know about acid, base and salts. We will learn about them in detail in higher standards.

**It is True :**

Definitely there is effect of food on our health. But, food is also affected by the thoughts in the mind of one who is preparing or serving it. So prepare and eat food with calm mind and good thoughts.

