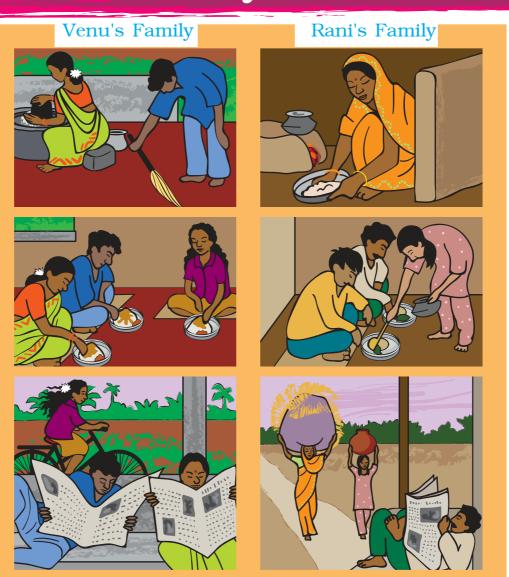
The Story of Food





Look at the pictures given above.

What kind of work are people doing in both the families?



Is your family like any one of these families? If yes, like which one? How is your family like their's?



Discuss carefully and sensitively the issues such as defined gender roles, etc. Allow children the freedom to question these without hurting the feeling of others.



If not, let us talk about your family.

*	Do all the people in your family eat together? If not, why?		
*	Who eats last in the family?		
*	Who does not help in cooking food in the family and why?		

In the table, some of the work done in the house has been mentioned. Find out who does them in your house and who does them in your friend's house. You can add some other work also to the list.

Tou can aga	bollic other work also to the list.		
Work	Who does the work		
	In your house In your friend's he	ouse	
Cooking food			
Buying things from the market			
Sweeping			
Cleaning the utensils			
Filling water			

*	Who	does	more	work?

In your's house	
In your friend's house	



Where does what we eat come from?

The names of some food items are given below. Add some more						
names to the list. Draw a green around those items that we						
get from plants. Draw a red around those items that we get						
from animals.						
Honey	Turmeric	Fish				
Corn	Milk	Lemon				
Spinach	Potato	Ajwain				
Egg	Meat	Banana				
Tomato	Onion					
	When you are sick, do you take any medicine which we get from plants? What do you take when you					
• get hurt						
have a stomachache						

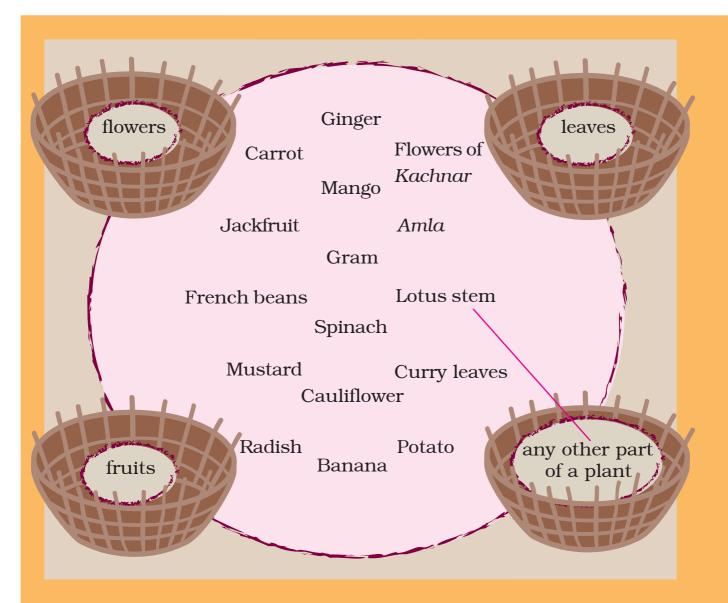


Help children to identify plants which are available in their immediate environment and are used as medicines. This will enhance their traditional knowledge of medicinal plants.

- have cough and cold _____
- have a toothache ______



Choose the correct basket for each item. Draw a line to match.





In this exercise names of some parts of plants eaten as food are given. More names can be added to the list during discussion.