

# The Story of Food

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Venu's Family



Rani's Family



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?

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\* Who eats last in the family?

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\* Who does not help in cooking food in the family and why?

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\* 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.

| Work                          | Who does the work |                        |
|-------------------------------|-------------------|------------------------|
|                               | In your house     | In your friend's house |
| Cooking food                  | <hr/>             | <hr/>                  |
| Buying things from the market | <hr/>             | <hr/>                  |
| Sweeping                      | <hr/>             | <hr/>                  |
| Cleaning the utensils         | <hr/>             | <hr/>                  |
| Filling water                 | <hr/>             | <hr/>                  |
| <hr/>                         | <hr/>             | <hr/>                  |
| <hr/>                         | <hr/>             | <hr/>                  |
| <hr/>                         | <hr/>             | <hr/>                  |

❁ 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.