

Food

Unit 1



Learning Objectives

After learning this lesson, students will be able to

- ❖ differentiate between raw and cooked food items
- ❖ understands the different methods of cooking
- ❖ describe the different types of cooking utensils
- ❖ identify hygienic food and food to be consumed during illness
- ❖ explain the importance of not wasting food



K3G6G2

Introduction

Food is one of the basic needs of life. We get energy for all our activities from food. Food obtained from the nature provides all the nutrients to our body. But seeing the advertisement, we are attracted towards junk food. In this lesson, we will study about food items that are good for our health, cooking methods and the importance of not wasting food.

I. Food



Let us do

Classify the following food items.

(Carrot, Egg, Coconut oil, Milk, Radish, Meat, Potato, Curd, Brinjal, Lady'sfinger, Fish, Drumstick, Butter, Onion, Buttermilk, Cucumber, Ghee)

Food items from plants	Food items from animals