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CLASS - 6th

Subject - Science

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Chapter 1 - Food: Where does it come from?

Task-A : Read the chapters.

Task-B : Write down these QP in your note-book.

Q1 : What are ingredients ?

A : The raw materials used to making food, are called ingredients.

Q2 : What ingredients are used to cook rice ?

A : Rice, rice and water.

Task-C : Read the chapter and fill

table - 1.1

table - 1.2

table - 1.3

* Fill these tables in your rough-notebook.

What do we find? Do we find some ingredients common for different food items? Discuss in class.
So, where do these ingredients come from?

1.2 FOOD MATERIALS AND SOURCES

It may be easy for us to guess the sources of some of the ingredients that we listed in Table 1.2. Fruits and vegetables, for instance (Fig. 1.2a). Where do they come from? Plants, of course! What are the sources of rice or wheat? You may have seen paddy or wheat fields with rows and rows of plants, which give us these grains (Fig. 1.3).

And then, there are food items like milk, eggs and meat, which come from animals (Fig. 1.2b).



(a) Plant sources



(b) Animal sources

Fig. 1.2 Sources of food ingredients

Activity 3
Let us take the food items listed earlier and try to find out where they come from — the ingredients and their sources. Some examples are shown in Table 1.3. Fill in the blanks in Table 1.3 and add more examples to this list.



(a)



(b)

Fig. 1.3 Source of food grains
(a) Paddy field (b) Wheat grains transported

Table 1.3 Ingredients used to prepare food items and their sources

Food Item	Ingredients	Sources
Idli	Rice	Plant
	Urad dal	
	Salt	
Chicken curry	Water	
	Chicken	Animal
	Spices	
Kheer	Oil/ghee	Plants/ Animals
	Water	
	Milk	Animal
Rice	Rice	Plant
	Sugar	

1 Food: Where Does it Come From?

What did you eat at home today? Find out what your friend ate today. Did you eat the same kind of food yesterday and today? We all eat different kinds of food at different times, isn't it?

1.1 FOOD VARIETY

Activity 1

Ask your friends in the school about the items they would be eating during a day. See if you can also get this information from friends staying in different states of India. List all the items in your notebook as given in Table 1.1, for as many friends as possible.

Table 1.1 What do we eat?

Name of the student/friend	Food items eaten in a day

There seems to be so much variety in the food that we eat (Fig 1.1). What are these food items made of?

Think about rice cooked at home. We take raw rice and boil it in water. Just two materials or **ingredients** are needed to prepare a dish of boiled rice.



On the other hand, some food items are made with many ingredients. To prepare vegetable curry, we need different kinds of vegetables, salt, spices, oil and so on.

Activity 2

Choose some of the items you listed in Table 1.1 and try to find out what ingredients are used to prepare these, by discussing with your friends and elders at home. List them in Table 1.2. Some examples are given here. Add some more items to this list.

Table 1.2 Food items and their ingredients

Food Item	Ingredients
Roti/chapati	Atta, water
Dal	Pulses, water, salt, oil/ghee, spices



Fig. 1.1 Different food items