

Chapter 1 : Food Diversity And Sustainable Farming

Curricular Goal :

CG-4: Understands the components of health, hygiene, and well-being.

Competencies :

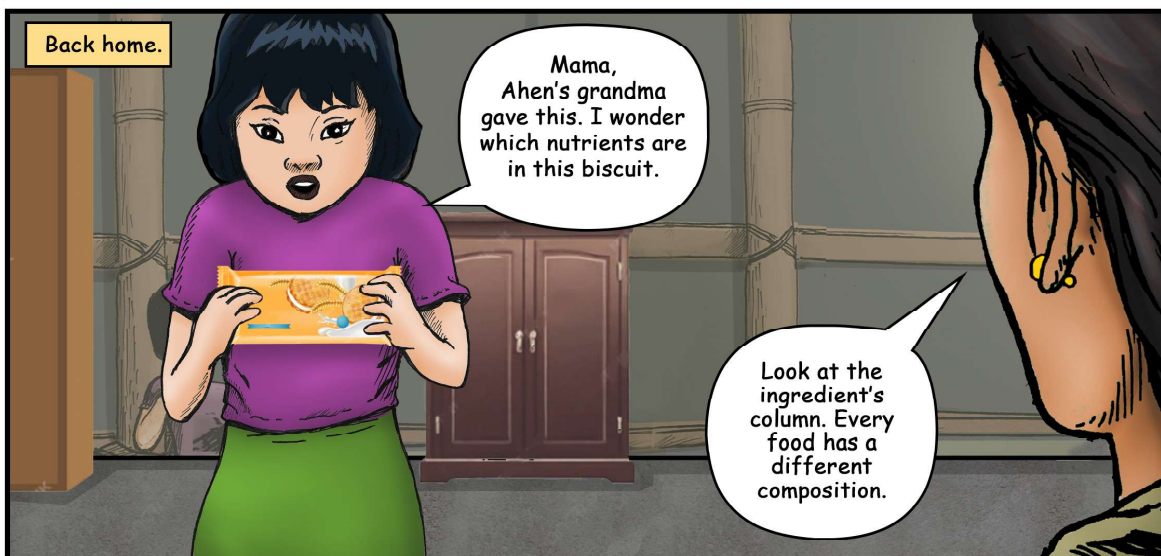
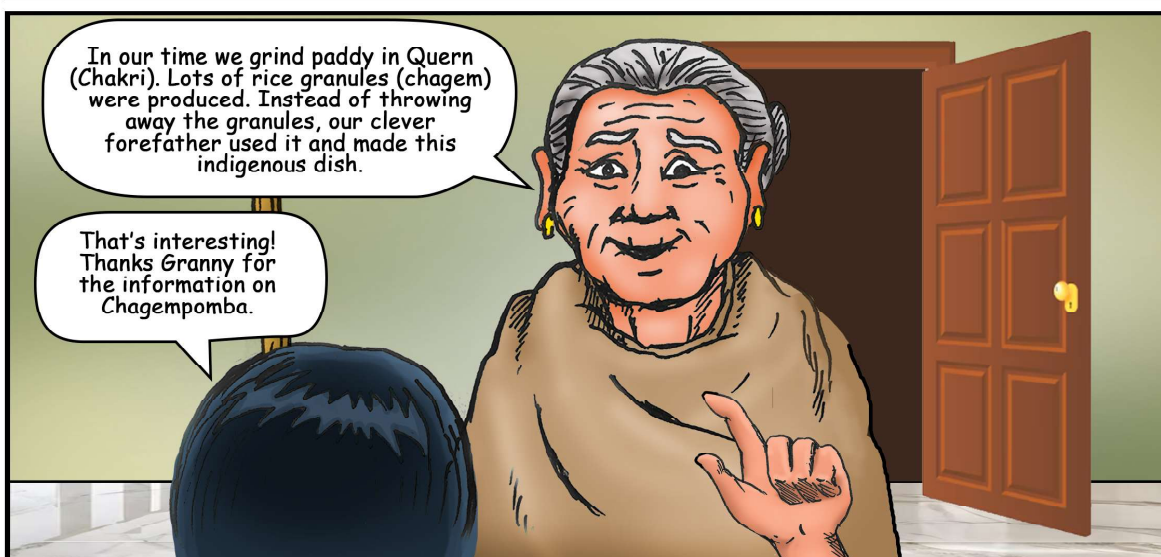
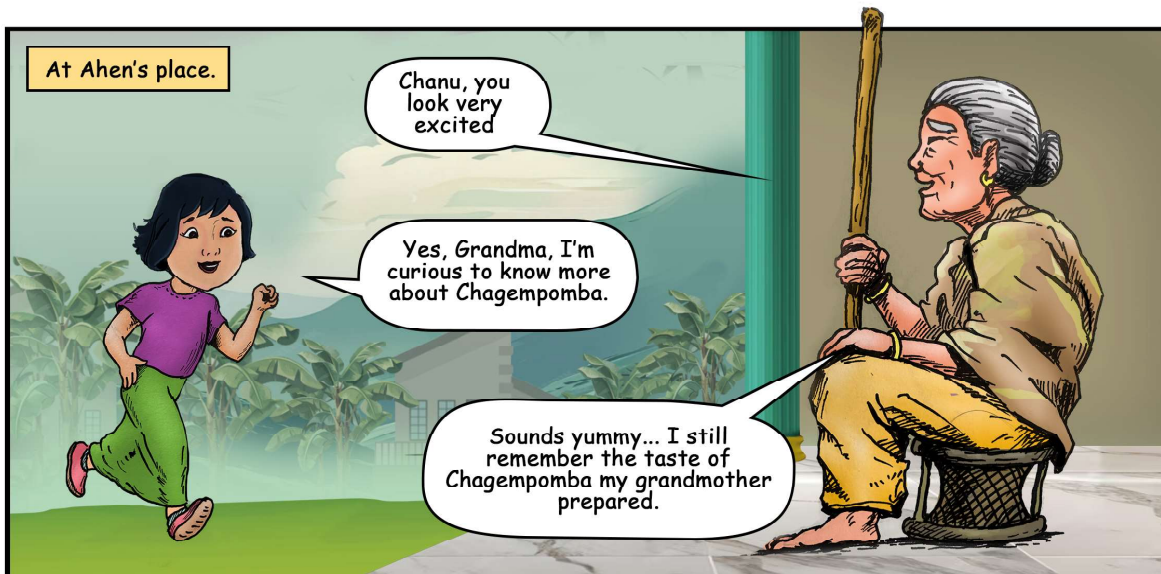
C-4.1: Undertakes a nutrition-based analysis of food components with reference to Indian and modern dietary and culinary practices and explains the effect of nutrition on health.

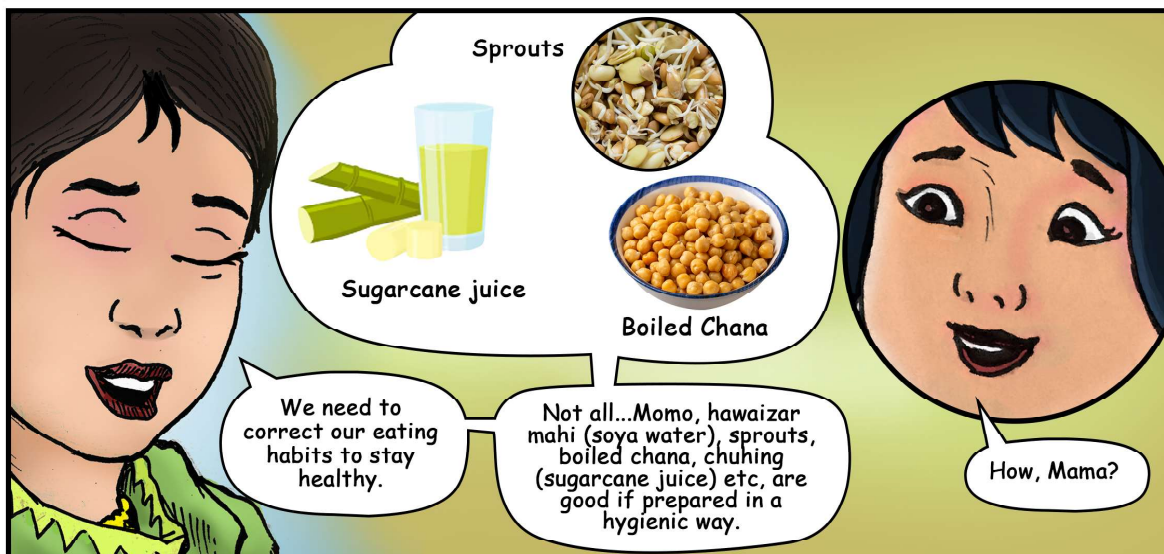
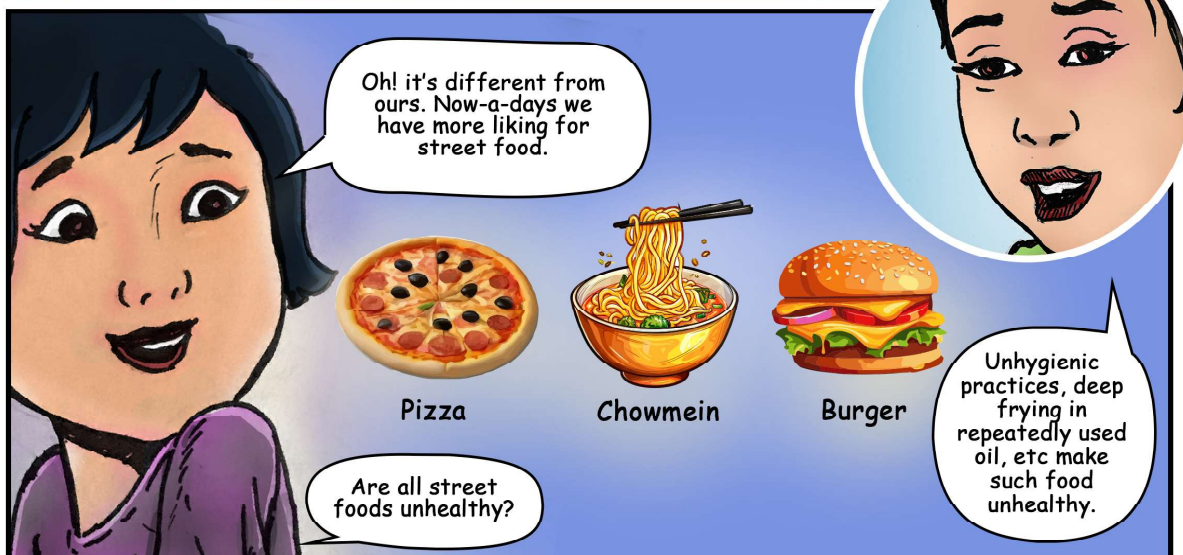
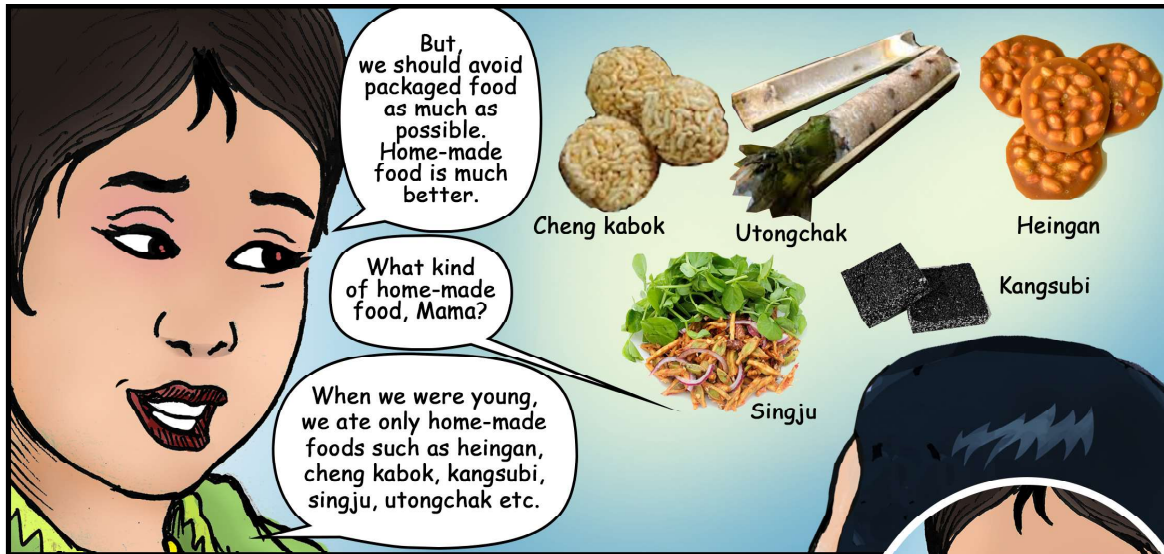
Learning Outcomes :

1. determine the types of nutrients in a food sample.
2. conduct community survey/asks/enquires to find out the differences between dietary and culinary practices observed by people in the past and present.
3. identify the different components of a food item.
4. explain the effects of nutrition on health.

CHAPTER NO 1: FOOD: WHERE DOES IT COME FROM?









Activity

Q.1. Talk to an elderly person from your family or neighbourhood and fill the table with their help.

Item No.	Name of the dish	Ingredients	Ingredient with carbohydrates	Ingredient with proteins	Ingredient with vitamins and minerals
1					
2					
3					
4					
5					

Q.2. Collect some food samples such as powdered milk, biscuits, candies etc. Observe the cover and fill the columns accordingly.

Item No.	Name of the (packaged) Food Sample	Fats and oil (present)	Carbohydrates (present)	Proteins (present)	Minerals (present)	Vitamins (present)
1						
2						
3						
4						
5						