

## Chapter 2 : Our Cuisines-An Exploration

### Curricular Goal :

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

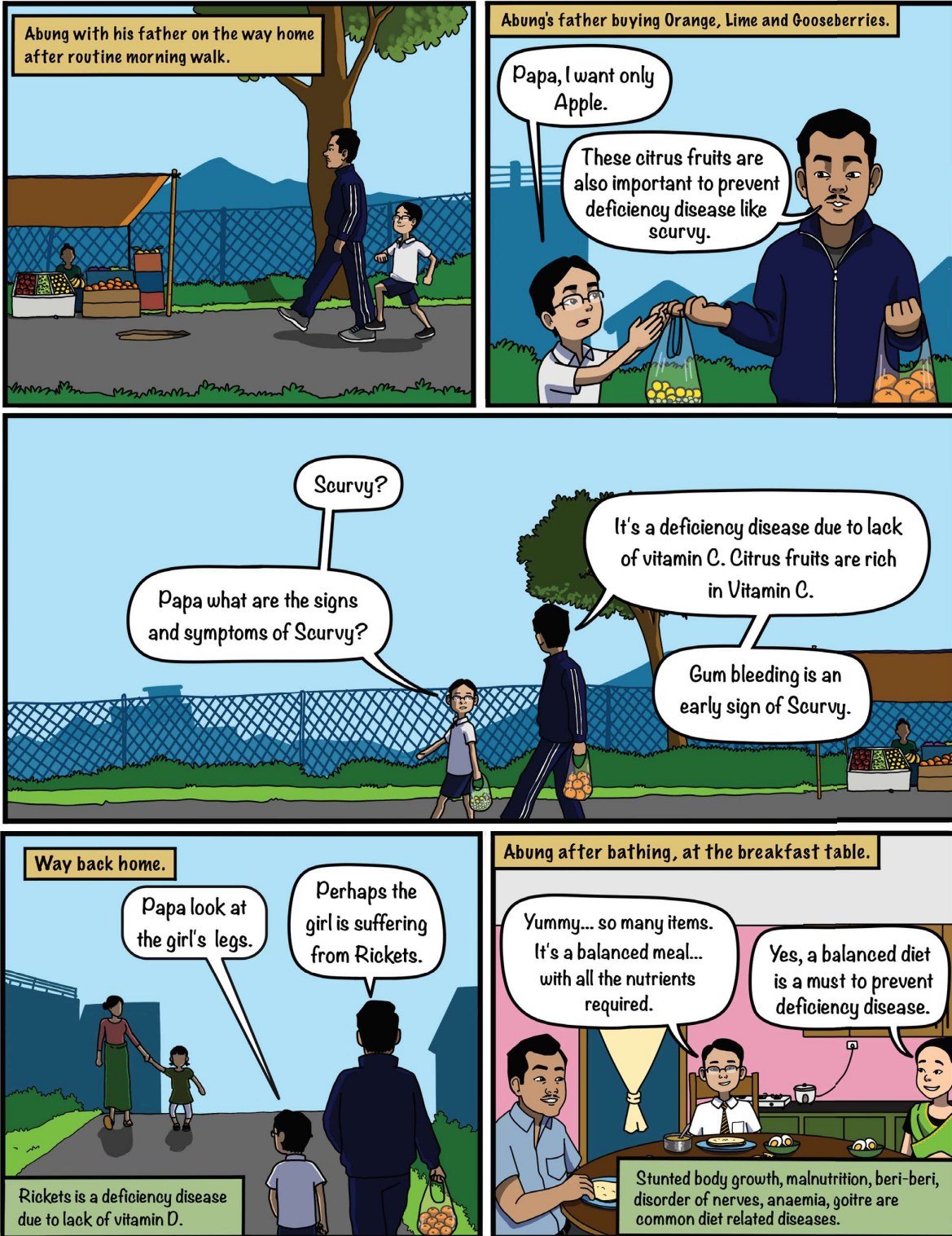
### Competencies :

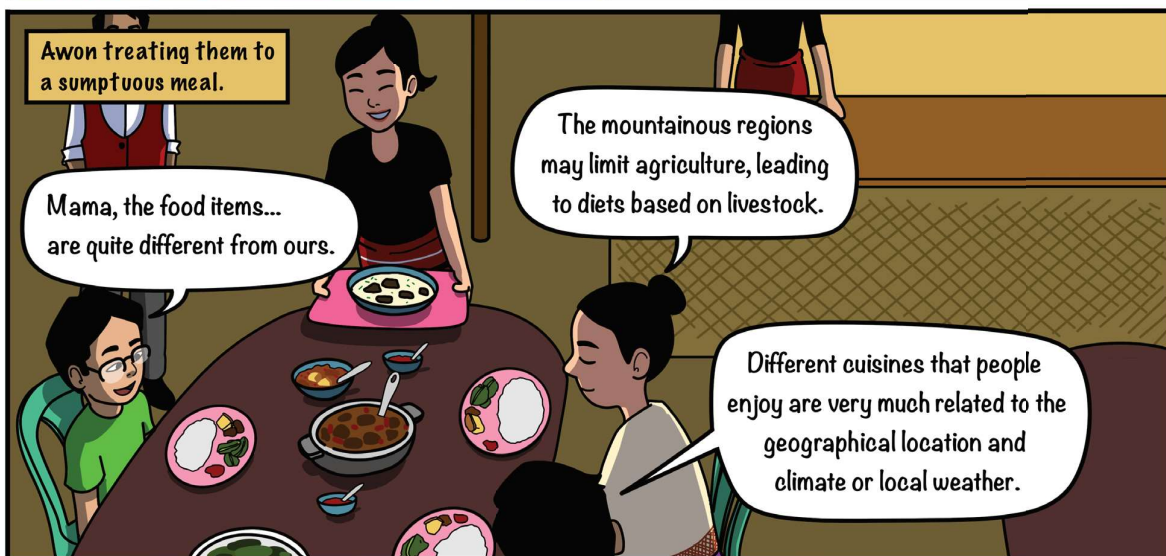
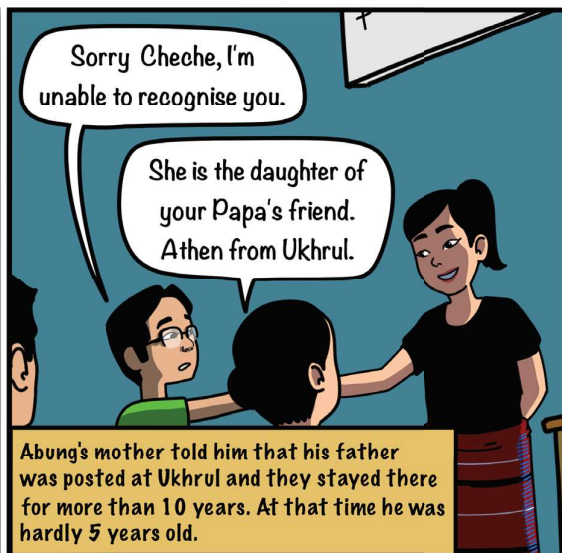
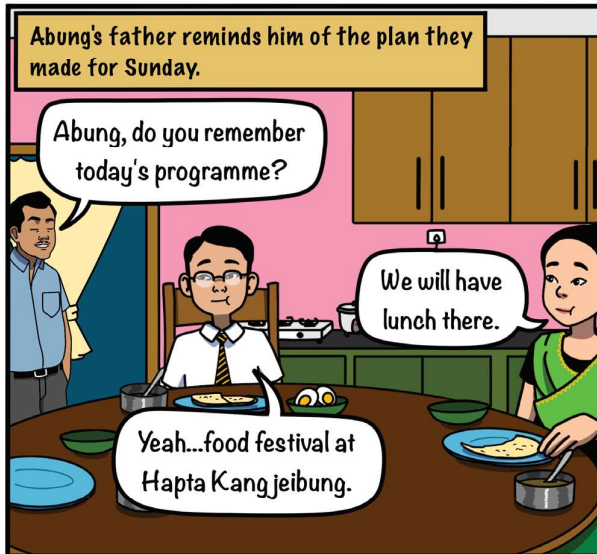
C-4.2: Examines different dimensions of diversity of food-sources, nutrients, geographical, social, time-period-based, and diets.

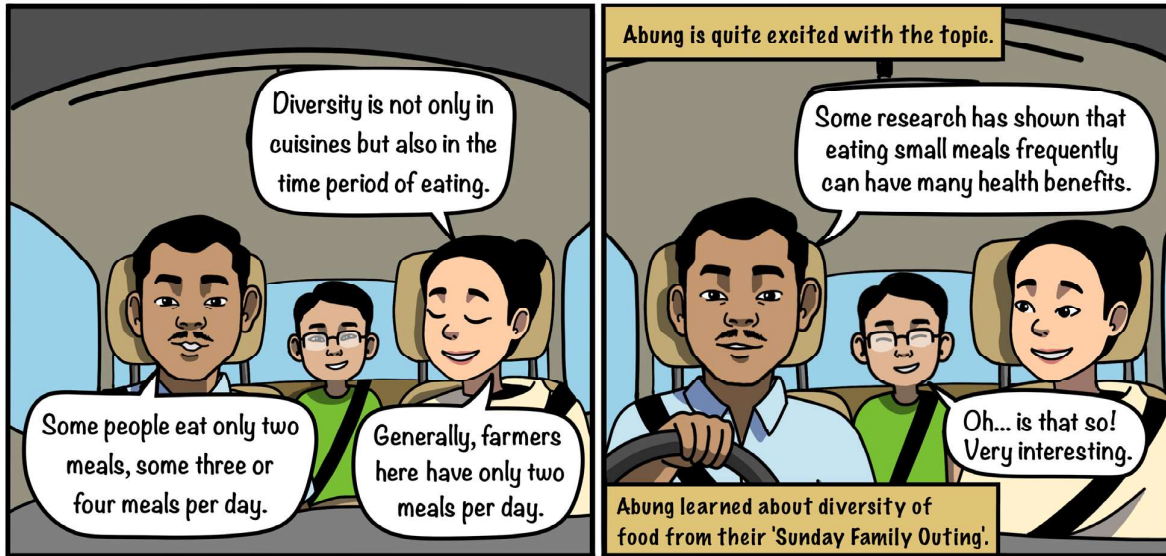
### Learning Outcomes :

1. Relate deficiency diseases with the food we consume.
2. Describe the importance of a balanced diet.
3. Conduct a simple investigation to find out the variety of cuisines enjoyed by people in the hill and valley.
4. Inquire about the benefits of choosing regular time periods to eat.

## STORY- 2 : OUR CUISINES-AN EXPLORATION







### Activity

Ashang complains of gum bleeding while brushing teeth. His father took him to a dentist. The dentist prescribed some medicine and also advised him to take a balanced diet every day.

- a. What is Ashang suffering from?
- b. Which type of food items should be included in his diet?
- c. What preventive measures will you take to avoid such a problem?