

LESSON No. 11

SPECIAL OCCASSIONS



People eat together at a community feast, a mid-day meal and at a hotel.

The school was reopened for the first day after the vacation. The children of class IV shared news about how they spent their holidays. Julia said that the wedding of her aunty took place recently. She had a lot of fun at the wedding. 'I enjoyed the wedding feast the most,' Julia said. The food is cooked and served by professional cooks. Utee, Ironba, Nga-ataoba(fried fish), Nga-thongba(fish-curry), Hei-thongba (fruit-curry) are some of the food items served. The cooks always remain active, in serving the people. They always manage to satisfy everyone attending and enjoying the feast. Similar stories of tasty food items were told, by the students.

One day the students of class-IV decided to eat together and also requested their class teacher to join them. The teacher agreed and the children were very happy.

As soon as the break for tiffin started, the children hurriedly took out their tiffin boxes from their bags.



Before eating, all children formed a queue and went to wash their hands.

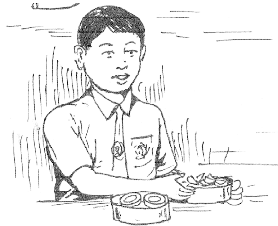
As soon as they opened their tiffin boxes, the teacher asked, “What have you all brought to eat today?”

‘I have brought rice and chicken’
said Noor Rehman.

‘ I have brought vegetable curry
and Ironba,’ - said Ibemcha.



“My tiffin contains egg curry and fried
potato” - said Aleng.



“ What have you brought Tomba?” -
The teacher asked. “Utee, Kangshu
and fish curry”, - replied Tomba.

The children also asked their teacher what food items she had brought.

ENVIRONMENTAL STUDIES CLASS- IV

“I have brought fruits, oranges, apples and bananas”, the teacher told them. After food the children cleaned the place. They put all the garbage in the dustbin.

The teacher told them that she had enjoyed eating with them. The children clapped to show that they shared the same feeling.

Let us talk.

* Do you enjoy eating with others?

* On what occasions do you eat together with your friends?

* Have you ever joined a community feast?

* What are the food items served in it?

* What special utensils are used for cooking?

* Draw diagrams of the large utensils used in cooking.

MID -DAY MEAL

Our school serves mid-day meal at one o'clock in the afternoon. Just before that the smell of cooking food was coming from the verandah. Our stomach were rumbling. We were so hungry, we were not able to pay attention to the lesson in class.

As the bell rang, all the children ran out and went to wash their hands. Miss Tombi sent all the children to the tap at the corner of the courtyard. Miss Jenny was observing to see that everyone washed their hands properly.

After washing our hands, we all stood in a queue to take our food. Some had their own boxes, and others had plates. Then we all sat down in a circle with our food. Before we started to eat, we sang together-

*We play together,
We eat together,
We relish together,
For the good of everyone,
We will always be together.*

Today we had rice, hawai-thongba(dish of pulses) and boiled vegetables. Yesterday we had chapati, pumpkin curry and oranges. A list of food items has been displayed in the school board. It tells us what we will get everyday of the week. On some days we get an extra treat with something sweet.

We eat fresh, hot and properly cooked food together.

Nowadays, many schools give food during the day. It was not always like this when my eldest sister was in the primary school, children did not get mid-day meal. Some children came to school without eating anything. How could they have studied with an empty stomach.

MID-DAY MEAL (Every child's Right)

Some years ago, the highest court of our country, the Supreme Court, stated the following in an order:

“We direct the State Government/Union Territories to implement the Mid-Day Meal Scheme by providing every child in every Government and Government assisted Primary Schools with a prepared mid-day meal with a minimum content of 300 calories and 8-12 grams of protein each day of school for a minimum of 200 days”.

All children in primary schools should be provided with hot cooked food. This is the right of every child.

Now let us talk

- * Do you have mid-day meal in your school?

- * What time is the meal served?

- * What do you have for the meal at school?

- * Do you like the mid-day meal that you get?

ENVIRONMENTAL STUDIES CLASS- IV

- * Do your teachers eat with you?

- * Is the week's menu put up on the school board?

- * What would you like to change with the menu?

- * What would you like to eat? Make your own menu.

- * If you do not get food at the school, find out why?

ACTIVITY

Get suggestions from elders in your family or the locality on how to reduce/prevent food wastage on special gatherings.