



7

KITCHEN WORLD

To most of us know that kitchen is a place, where food is cooked. The food, we eat satisfy our hunger; gives us energy to do work and maintain our health and happiness. Mom cooks variety of dishes that we eat and enjoy every day and on festivals. She cooks special dishes for guests and different foods during sickness. She calls my dadi when I suffer from fever or stomach ache; she goes to the kitchen do something and give me something to drink or eat and in short time I feel better. I salute her to keep all of us healthy and happy with food. I am curious to know what she adds in the food. I have to ask either my mom or my teacher. One fine day there was a lecture in my school on the same topic. The diet doctor told us many health benefits of food items which we eat on regular basis. She also warned us not to eat junk food as well as processed and packaged food. She emphasized to have seasonal, local and fresh foods. She also shared her childhood memories at her grandmother's place, how she grinds idli batter in stone pestle and mortar and cook sambhar in stone vessel on slow fire. I was recalling the difference in kitchen and food between my grandma house in village and my mom's kitchen in the city.



The diet doctor told us when you can memorize the names of rivers, mountains, historical places, scientific principles, mathematical formulas, don't you think you must know the ingredients of your food and benefits of them. To learn something about different kitchens and nutritional and health benefits of some commonly consumed food, this lesson is designed.



OBJECTIVES

After studying this lesson, you will be able to:

- explain the food and its importance in our life;
- differentiate traditional and modern food and kitchen;
- listing of 20 items used in the kitchen; and
- identify at least one health benefit of each ingredient.

7.1 FOOD AND ITS IMPORTANCE

The term 'food' refers to anything that we eat or drink and which nourishes the body. It includes solid, semi-solid and liquid



Fig. 7.1 Nutritious Food



foods. Food can be obtained from plant, animals and sea sources. Hence there are plant foods, animal foods and sea foods. Each type of food has different proportion of nutrients and varies in colour, taste, flavour and appearance. Food contains mainly six nutrients, carbohydrates, proteins, fats, vitamins, minerals and water. Many foods including spices and herbs contain some health protective compounds. Due to the presence of nutrients and health protective compounds food performs some of the following functions:

- i. Get energy to work, walk, jump, play etc.
- ii. Grow and develop physically and mentally.
- iii. Repair and revive body during rest and sleep.
- iv. Protect the body from infection and diseases.
- v. Improve internal body functions.



INTEXT QUESTIONS 7.1

1. Define food.

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2. List any four purposes of eating food.

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7.2 DIFFERENT RAW FOODS USED IN KITCHEN

Notes

When I entered the kitchen to more about kitchen and food, I found my many utensils to cook food and eat food. Mom told me that chapati is made on tawa, dal in pressure cooker and vegetables in either pressure cooker or karai. Dry raw ingredients



Fig. 7.2 Kitchen

like pulses, salt, sugar, tea leaves are kept in suitable size containers which are kept inside the cabinet. Salt and sugar are added to food to make food salty and sweet. Fruits and vegetables and butter are kept inside the refrigerator to keep them fresh for long time. Since they contain more water they can spoil easily. Milk is also kept at low temperature and boiled 2-3 times in a day to avoid spoilage or kept in refrigerator and thus we buy milk daily.

Mom also told me different types of foods which are used to prepare wide variety of dishes from chapati to halwa and dal to dhokla. Broadly raw ingredients used in making different dishes include cereals, pulses, milk, meat, egg, fish, fruits, vegetables, sugar and fats and oils.



The cereals like wheat, jowar, bajra, ragi, oats, barley and rice, are used to make chapati, naan, bread, plain rice pulav etc. They are eaten in large amounts so we get good amount of carbohydrates, proteins, vitamins and minerals. Whole grains provide more nutrients including fiber while milling (removal of seed coat) reduces vitamins and fiber. Thus eating refined flour like maida is less nutritious.

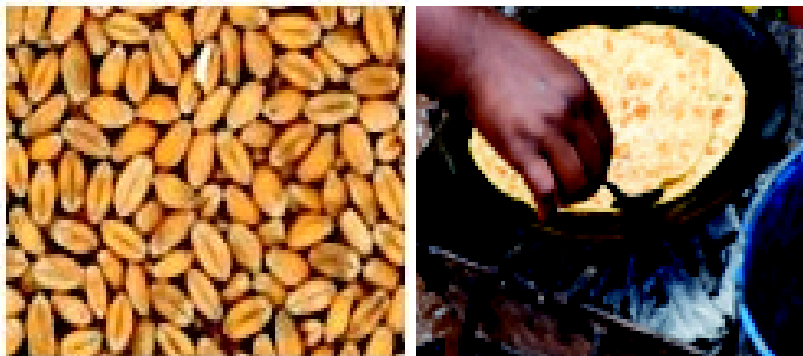


Fig. 7.3 Wheat

Pulses are of many types such as chana, kabuli chana, rajmah, arhar, moong, urad, massor. They are used with seed coat or without coat. Some of them are soaked overnight to reduce cooking time. They are boiled or pressure cooked. They are good source of plant proteins. Germinated pulses are also used which provide extra vitamin C.



Fig. 7.4 Pulces

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Notes

Milk and milk products such as curd, butter milk, paneer, cheese, khoa are used by many people of all age groups and in sweet and salty dishes. Indian sweets like burfi, rosogulla, rabri, milk cake, kulfi are age old tasty dishes and even today relished worldwide. They are rich source of protein and calcium but poor source of iron and vitamin C.



Fig. 7.5 Milk Products

Animal foods like egg, meat and fish are rich in fat, protein, vitamins and minerals but poor in fiber and carbohydrates. People eating these foods are called non-vegetarians.

Fruits and vegetables are found in wide variety. They are very colourful and juicy. Fruits are generally eaten raw like apple, mango, banana, watermelon. Vegetables are usually cooked before eating. Potato, sweet potato, carrot are grown under the soil and contain good amount of starch hence called starchy foods. Green leafy vegetables such as spinach, fenugreek (methi) are good source of vitamins and some minerals. They can spoil faster because they contain more water. Other vegetables like cauliflower, cabbage, beans, lauki, parwar also contain health promoting substances and add colour and variety in meal.



Fig. 7.6 Fruits



Fats and oils are usually used to cook and fry the food. Butter is usually used without cooking to add flavour, e.g. spread on the bread slice. Desi ghee is used to season dal or vegetables. Besides energy it contains some health protecting compounds. Vegetables oils are obtained from soya bean, mustard, ground nut etc, they are used in cooking including frying. Refining of vegetable oils reduces health protecting benefits. Solid fat like trans fat is very harmful to heart and other organs in the body.

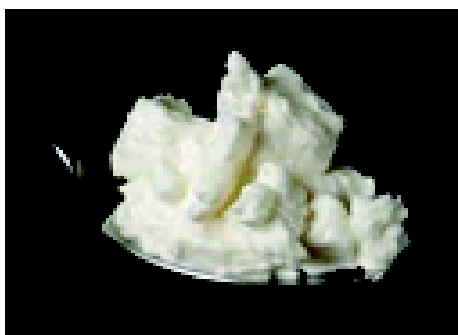


Fig. 7.7 Ghee

Many people like to eat sweets after meal, on happy and festive occasion; add sugar in tea, coffee and other drinks. White sugar is used which is only simple carbohydrate and should be consumed in minimum amount. Jaggery and honey are also sweet but have some vitamins and minerals.



ACTIVITY 7.2

List five food ingredients used in one day meal and write one nutrient or use of each.

S.No.	Name of dish	Nutrient
1. Wheat	chapati	Carbohydrate
2		
3		
4		
5		



Notes



INTEXT QUESTIONS 7.2

1. List two milk products

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2. Name two pulses and two nutrients present in them.

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3. Give one example of the following foods-

(i) Fats

(ii) Starchy food.....

(iii) Cereals.....

(iv) Animal foods.....



7.3 HEALTH BENEFITS FROM NUTS, SPICES AND HERBS

Some foods like dry fruits and nuts are power house of nutrients and eaten for health promotion and health protection. Since they contain high amount of fat and other components they are consumed in small amount only. Spices and herbs are commonly used to make our daily food appealing and tasty. But they contain many health promoting compounds thus they provide many health benefits. See these in table 7.1

Table 7.1 Health benefits of commonly consumed nuts, spices and herbs



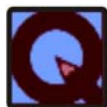
Notes

	Ingredients	Health benefits
	 <p>Nuts and dry fruit</p>	
1	Almonds	Rich in good quality of fat and vitamin E Good for brain eyes and skin
2	Walnut	Rich in good quality of fat Good for brain and heart
3	Sesame seed (til)	Rich in calcium Good for bones and heart
4	Groundnuts (peanuts)	Rich source of fat and B vitamins Good to reduce hunger pangs (craving) and heart health
5	Raisins	Rich in sugars and iron Quick source of energy and helps in recovery of low blood pressure
	 <p>Spices</p>	
6	Ajwain	Fight bacteria thus useful in treatment of cough, cold and stomach problems
7	Asafoetida (hing)	Used in digestive problems like gas



Notes

8	Green cardamom	Good smell, improves memory and good in depression
9	Black pepper	Helps in reducing fever and increase immunity
10	Fennel (badi saunf)	Digestive aid and eaten after meal useful for lactating women
11	Sonth (dried ginger)	Improves immunity and reduces body pain, (fresh ginger reduces travel sickness)
12	Turmeric	Provides quick relief in muscle injury and reduce body pain
Herbs		
13	Basil leaves	increase immunity and improve mental focus and reduce mental fatigue
14	Coriander leaves	Good for liver functions and helps in removing waste from the body
15	Mint leaves	Prevent anemia, helps in indigestion



INTEXT QUESTIONS 7.3

Answer the following questions-

- Name two spices which improves immunity

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Notes

2. Suggest two benefits of daily intake of almonds

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3. Which spice can be used in fever and which one is in injury?

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4. Suggest any herb which can improve your mental focus.



ACTIVITY 7.3

Go to the kitchen of your home and find spice box and write names and one health benefit of each of the spice in it.

S.No.	Spices	Health benefit



WHAT HAVE YOU LEARNT

- 1. Definition of food- Food is anything that we eat or drink and which nourishes the body.
- 2. Functions of food-



Notes

- get energy to work, walk, jump, play etc.
 - grow and develop physically and mentally
 - repair and revive body during rest and sleep
 - protect the body from infection and diseases
 - improve internal body functions
3. Description of some important uses care and nutritional benefits of raw ingredients such as cereals, pulses, milk, meat, egg, fish, fruits, vegetables, sugar and fats and oils.
 4. One or two health benefits of 15 commonly consumed food items from nuts, spices and herbs-namely Almonds, Walnut, Sesame seed (til), Groundnuts (peanuts), Raisins, Ajwain Asafoetida (hing) Green cardamom, Black pepper, Fennel (badi saunf), Sonth (dried ginger), Turmeric, Basil leaves, Coriander leaves, Mint leaves.



TERMINAL QUESTIONS

1. Explain why we eat food.
2. List the six nutrients found in foods.
3. Name one utensil used to cook pulse preparation in olden days and one in your home.
4. Name two cereals which are used in your daily diet and any two nutrients present in them.
5. What is advantage of eating fruits and vegetables over animal foods?

6. Name one source of good fat and one source of bad fat.
7. List five spices and one health benefits of each.
8. Suggest two ingredients which are good for your brain functions.

**Notes****ANSWERS TO INTEXT QUESTIONS****7.1**

1. Food refers to anything that we eat or drink and which nourishes the body.
2.
 - get energy to work, walk, jump, play etc.
 - grow and develop physically and mentally
 - repair and revive body during rest and sleep
 - protect the body from infection and diseases

7.2

1. paneer and curd
2. Moong and rajmah and Protein and minerals
3. (i) butter and vegetable oil
(ii) potato and carrot
(iii) wheat and rice
(iv) egg and fish

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Notes

7.3

1. black pepper and sonth
2. improve brain function and eye sight
3. black pepper and turmeric
4. basil