



EDUKALA



 **dheerya**
foundation



Science

6th Grade



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FOOD CULTURE OF INDIA

- Indian food is different from the rest of the world not only in taste but also in cooking methods
- It reflects a perfect blend of various cultures and ages. Just like Indian culture, food in India has also been influenced by various civilizations, which have contributed their share in its overall development and the present form
- Foods of India are better known for their spiciness. Throughout India, be it North India or South India, spices are used generously in food
- But one must not forget that every single spice used in Indian dishes carries one or the other nutritional as well as medicinal properties





OBJECTIVES

Students are able to identify which food item belongs to which parts of India





PRE-ASSESSMENT

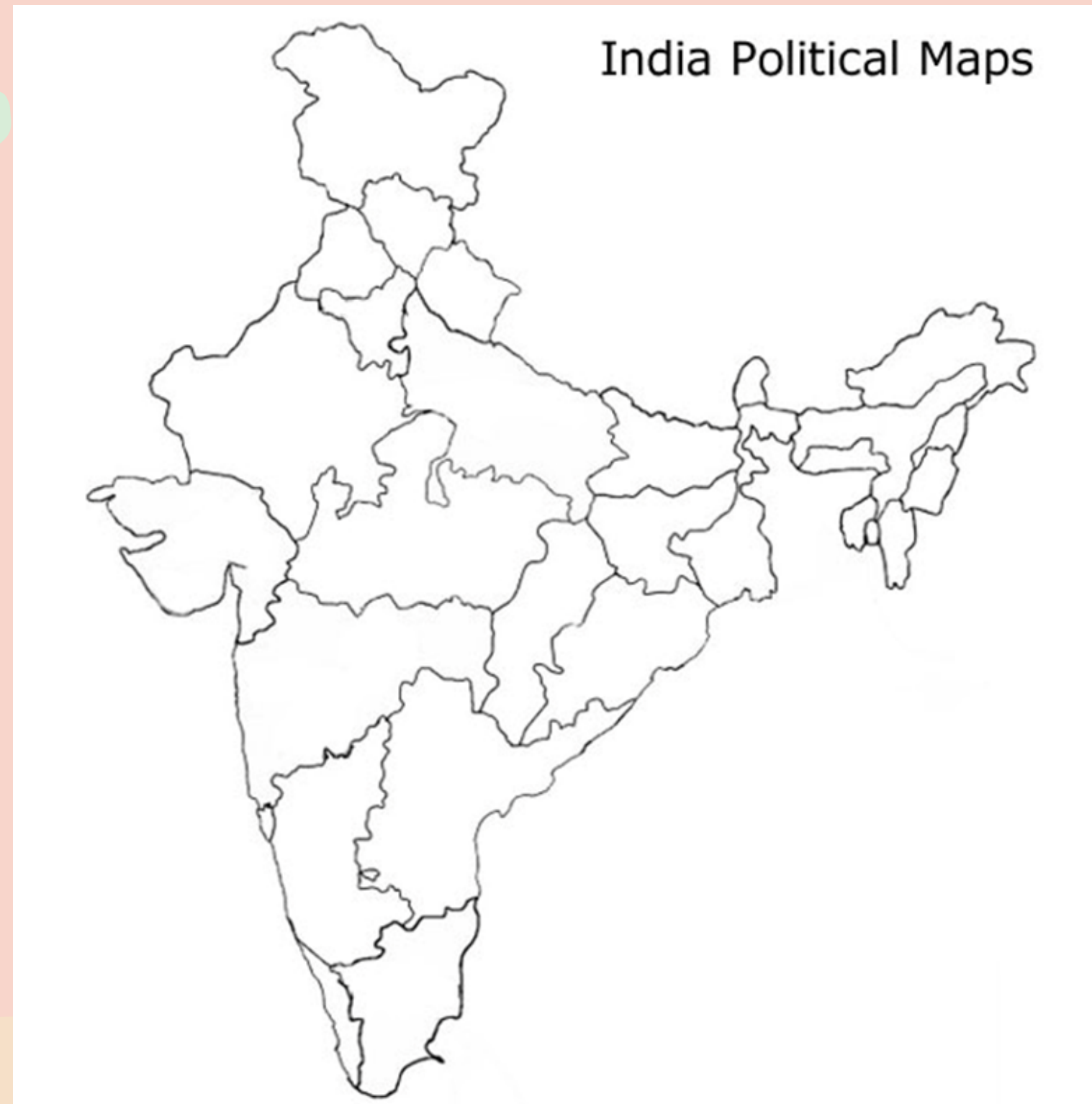


- Ask the students to describe Indian cuisines in their own words
- Ask the students to mention the features of food in India



PRE-REQUISITES

Print out of the Indian political map (blank)



ACTIVITY:

- Divide the students in pairs
- Give each pair of students a blank political map of India
- Give them a list of food cuisines
- (Dal bati churma, Hyderabadi Biryani, Apples, Vada pao, jalebi fafda, fish)
- Ask them to find the place where the food is famous or its origin (encourage students to brainstorm and think with their partners, if in doubt then refer to information sheet shared during introduction).



ACTIVITY:

- Students to bring some food item from their culture and share with the class
- Each student needs to talk about the food item they bring and share some facts about the same (origin, season, when is it consumed, cooking method, etc)
- Include the student who does not bring anything, they can share facts about their favourite food verbally
- Teachers can also participate and bring some food from home.



POST ASSESSMENT

- Ask students to pick their 3 best cuisines and write why they love that dish and its importance in their life.
- Find out the name of some spices in your mother tongue.



REFERENCES

- NCERT TEXT BOOK (6TH STANDARD)
- <https://www.google.com/amp/s/food.ndtv.com/food-drinks/health-benefits-of-38-important-spices-from-around-the-world-1811783/amp/1>
- <https://www.thebetterindia.com/248955/street-food-map-india-food-is-love/>
- https://www.pngitem.com/middle/hwJbJhx_map-food-communal-violence-in-india-map-hd/



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