

## UNIT 3 : The Spice of Life

A wise foodie once said, "Nothing brings people together like good food". And there is immense truth in that. What unites us all, is food. Whether home cooked or from the street, food appeals to our deepest emotions. Good food can uplift our mood instantly. Apart from fulfilling the basic need of hunger, it is nutritive and satisfactory in nature.

This unit delves into our strong connection with food. A variety of texts, narratives, images and exercises will take you through the delightful world of food. You will examine infographics, solve crosswords and even appreciate food poetry. This unit will also discuss the issue of 'Feeding the Hungry'. We need to ensure that in this country of 130 crore, no one sleeps on an empty stomach.

It was really a great birthday party yesterday. The food was yum! French fries and burgers with cold drinks!



My goodness, Vijay! You've certainly made a dustbin of your system. Let me share some information with you.



### Section 3.1: You are What you Eat!

There have been times when you thought you might pop. Maybe you have gorged on your favourite sweets or devoured a whole bag of chips. Well, that happens to all of us at times. But you must remember that your body is NOT a dustbin. It is a finely tuned machine and you are the only person who can look after it.

**Look at the infographic that follows and answer the questions:**

## 1 High on packaged food items

Those consuming more than once a week on an average (%)

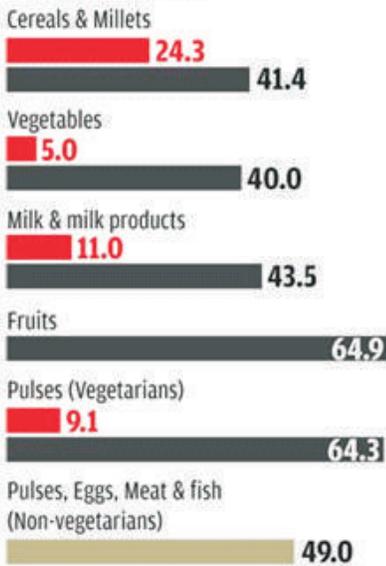


Note: (i) Packaged Food: Chips, instant noodles, chocolates and ice-creams; (ii) Packaged Beverages: Carbonated beverages (soft drinks), Juice-based packaged beverages & Milk-based packaged beverages like sweet lassi; (iii) Fast Food: Fries, pizzas, etc. from fast food outlets; (iv) Street Food: Chaat, samosa, etc.; (v) Sweets: Cake, pastry, mithai, etc.; (vi) Concentrate-based beverages: sherbats, squash, etc

## 2 Balanced diet takes a hit

Respondents (%)

- 6-7 days/ week but less times
- Less than 6 days/week
- Average < 2 times/day



Note: Less times means: (i) Cereals 1-2 times/day; (ii) Vegetables and Milk & milk products: 1 time/day; (iii) Pulses (for vegetarians) : 1 time/day  
Limitation: For non-vegetarians, data does not capture the spread of the intake of pulses, eggs, meat & fish and only relies on average no. of times per day



# Fact of the FAD

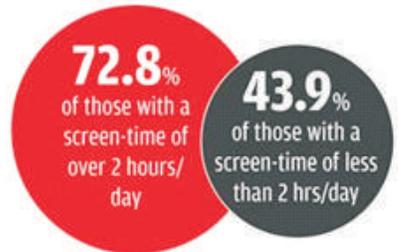
The recent online survey by the Centre for Science and Environment shows that schoolchildren are increasingly consuming packaged food products, high in fat, salt or sugar

**53%** girls consume protein-rich food less frequently; 42% eat vegetables less often

**46%** boys consume protein-rich food less frequently; 47% eat vegetables less often

## 4 High the screen time, higher the unhealthy diet

Children who consume fast food & packaged food at least once a day



## 5 High the screen time, lesser the physical activity

Children who have sedentary lifestyle



Note for 4 & 5: Screen-time is time spent in (i) watching television; (ii) browsing the internet for recreation



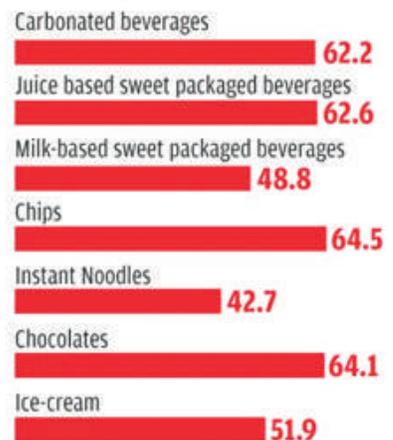
## 3 Peer pressure, compelling ads, lead to a change in habit

Respondents (%)



## 6 When school serves junk

% of children who have packaged food & beverages over twice a week consume at school, or buy from or near school



Source: <https://www.downtoearth.org.in/news/health/spoilt-for-choice-58417>

(1) What does 'You are What You Eat' mean?

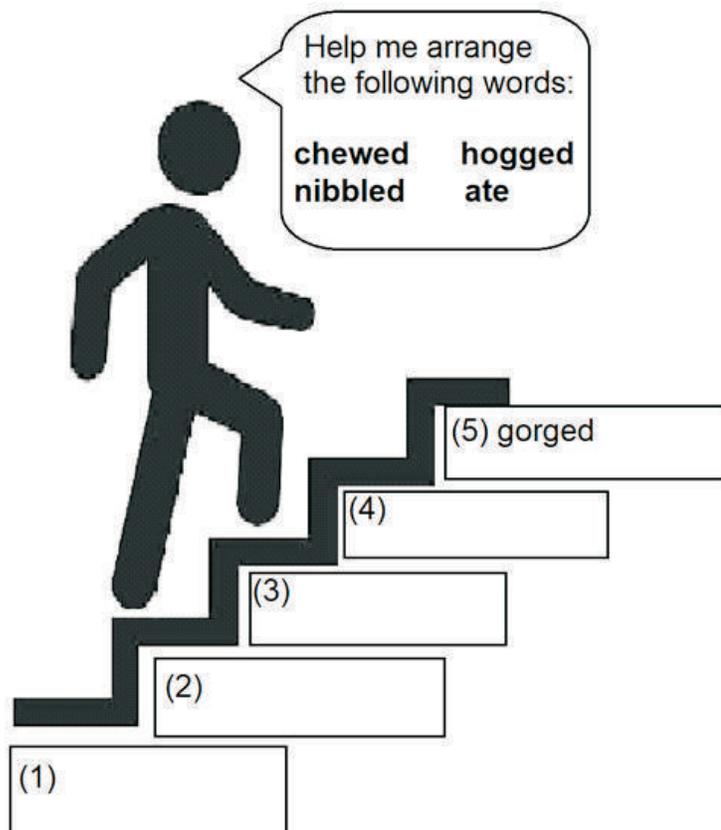
- A. You are known by your food fads.
- B. You are the sum total of your diet.
- C. You will pop if you eat too much.
- D. You should only eat what you enjoy.

(2) Select the option that lists the significance of the capitalization of the word 'not' in the given sentence.

**Your body is NOT a dustbin.**

- A. To upset you and use your guilt to make you aware.
- B. To be rude to people who eat unhealthy food.
- C. To amuse people by comparing a body to a dustbin.
- D. To warn you about eating healthy for your body.

(3) Do as directed :



(4) What are the two unhealthy impacts of spending too much time watching T.V. or using devices like the computer?

- (i) .....
- (ii) .....

(5) The consumption of junk food like chips and chocolates is higher in percentage than other junk food products due to

.....

(6) According to the text, the top two factors that cause children to eat junk are

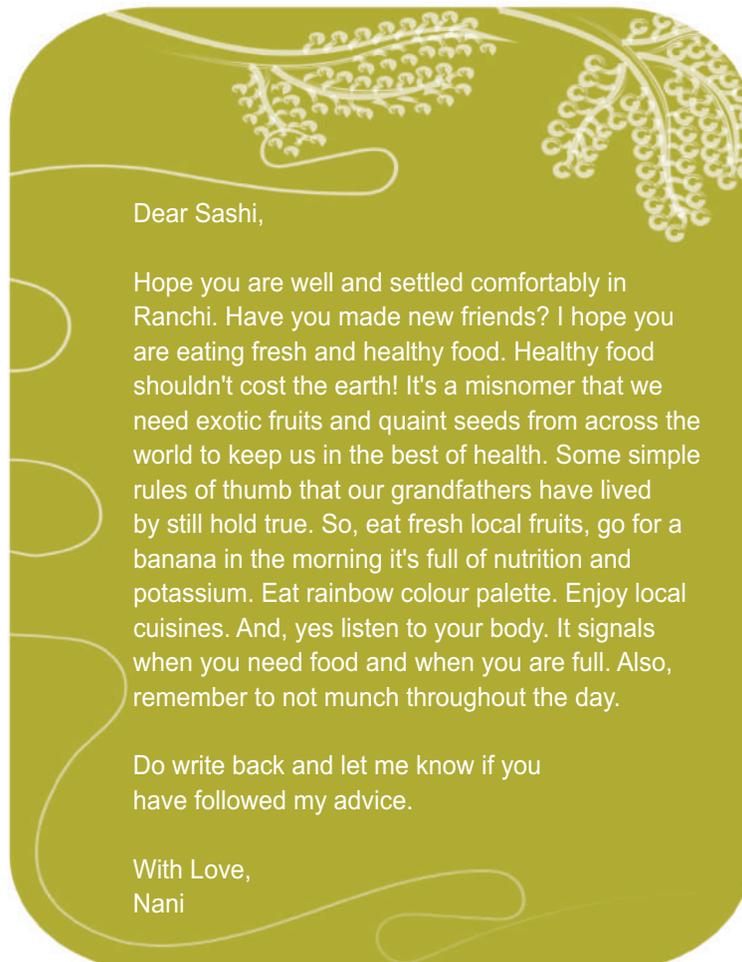
(i) .....

(ii) .....

(7) Choose the statement that is TRUE, based on the survey's 'Balanced diet' statistics.

- A. The maximum number of respondents consume fruits less times, but six to seven times a week.
- B. The consumption of fruits, by the respondents, is the same as that of vegetarians eating pulses more than two times each day of the week.
- C. The consumption of fruits, by the respondents, is less than the total of vegetables and milk, for less than six days per week.
- D. The maximum number of respondents consume fruits less than six days per week.

*You may get upset by the remarks of your grandparents or elders on the kind or type of food you should be taking. Read the letter written by a Grandma to her granddaughter, Sashi, who has shifted to a new place – Ranchi, reminding her of healthy food and habits.*



(8) Circle the antonym and underline the synonym of the following words from grandma's letter to Sashi.

quaint	fancy	charming	ordinary
exotic	national	familiar	non-native
simple	complicated	straight forward	cunning
local	regional	populated	global

### Did you know?

Strawberries, raspberries and blackberries are not considered berries according to botany, but bananas and pumpkin are!

Wow! That was informative. I'm sure, I'll be careful now.



Don't worry. A lot many people enjoy junk food once in a while. Cartoonists create humorous pieces on this very topic.



I remember one such cartoon. Let's have a look at it.



## Section 3.2: Healthy Eating

(1) Look at the cartoon and complete the given passage by using words from the clue box below:

advised giggled favourite decided asked food amused curious confused

Miss Kiran, the new Science teacher started a unit on (i) \_\_\_\_\_ in class. Rohan was (ii) \_\_\_\_\_ and (iii) \_\_\_\_\_ if cake, ice cream, peanut butter and candy were the four food groups. The teacher was (iv) \_\_\_\_\_ by his question. All the students in the class (v) \_\_\_\_\_. Miss Kiran

smiled and replied that she knew that cake, ice cream, chips and chocolates were his (vi)\_\_\_\_\_ foods but were not in the four food groups. She explained to the class that basic food groups included breads and cereals; vegetables and legumes; fruits and nuts; milk, yoghurt and poultry. She (vii) ----- them to include items from each food group in their daily food intake.



**(2) Indian cuisine is famous for the variety it offers in terms of taste, the ingredients and the spices used. Given below are a few famous dishes from different parts of the country. Identify the states that they are associated with :**

Food items	States
Dhokla	
Litti Chokha	
Misal Pav	
Appam	
Sarson ka saag	

Can you imagine what might happen if humans started eating wood, metal or even paper?



Oh! It was this poem about a teacher eating someone's home work Give it a read. It's a crazy thought.



What a strange thought! Whatever gave you that idea, Vijay?



### Section 3.3: The Teacher Ate My Homework

Read the given poem and answer the questions that follow :

My teacher ate my homework,  
which I thought was rather odd.  
He sniffed at it and smiled  
with an approving sort of nod.

He took a little nibble —  
it's unusual, but true —  
then had a somewhat larger bite  
and gave a thoughtful chew.

I think he must have liked it,  
for he really went to town.  
He gobbled it with gusto  
and he wolfed the whole thing down.

He licked off all his fingers,  
gave a burp and said, "You pass."  
I guess that's how they grade you  
when you're in a cooking class.

By Ken Nesbitt

(1) The tone of the poem is

- A. humorous.
- B. sarcastic.
- C. pensive.
- D. resentful.

(2) Select the sentence that shows the correct usage of the idiom 'went to town'.

- A. We went to town to visit the famous bakery.
- B. The children went to town on the chocolate cupcakes at the birthday party.
- C. My grandmother drove herself and went to town to attend her friend's birthday function.
- D. They went to town from their village by sitting on the top level of a double-decker bus.

(3) The act of eating the homework by the teacher is an example of \_\_\_\_\_ use of language.

- A. metaphorical
- B. figurative
- C. literal
- D. vernacular

(4) The words, 'burp' and 'gobble' are examples of onomatopoeic words which phonetically resemble the sound that they describe. Choose the word that DOES NOT fit this category.

A. belch

B. stink

C. slurp

D. bump

(5) Choose the word that best describes the teacher's action of wolfing down the homework.

A. humbly

B. strictly

C. swiftly

D. accidentally

(6) Based on your reading of the poem, arrange the adjectives according to their degree from lowest to the highest.

i. miniscule, small, tiny, little

---

ii. colossal, big, huge, enormous, gigantic

---

iii. ecstatic, happy, joyous, pleased

---

Cooking  
food is quite  
a skill,  
I think. What  
do you feel?



I whole-heartedly  
agree. There are so  
many terms about the  
various ways of  
cooking food.



Ways?  
Cooking is  
cooking, isn't it?

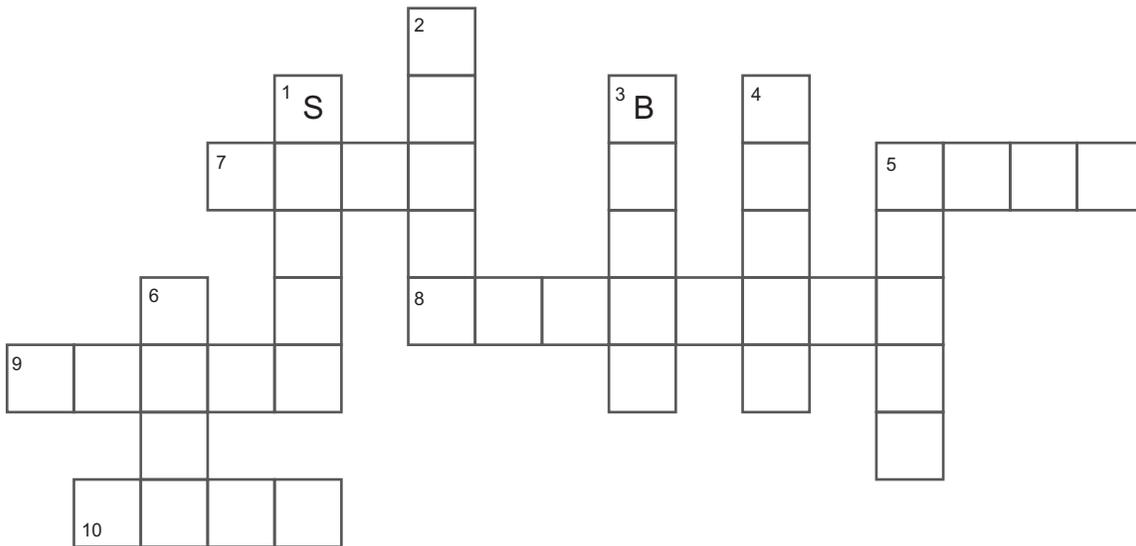


You'll understand  
what I mean  
if you just solve  
this crossword.  
Come on,  
let's attempt  
it together.

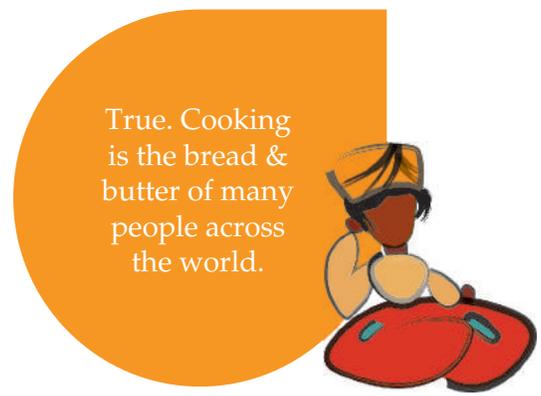
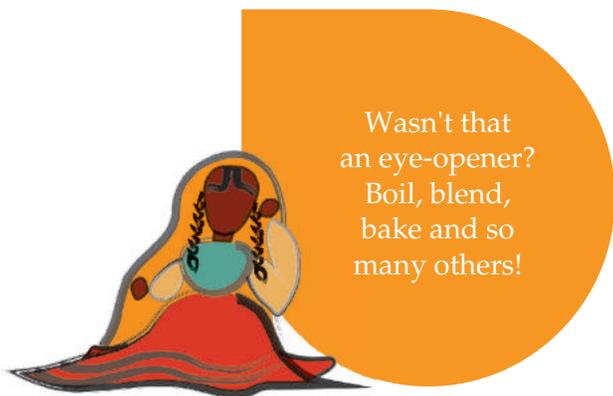


## Section 3.4: Let's Experiment With Cooking

Complete the crossword puzzle by studying the clues in the table below.

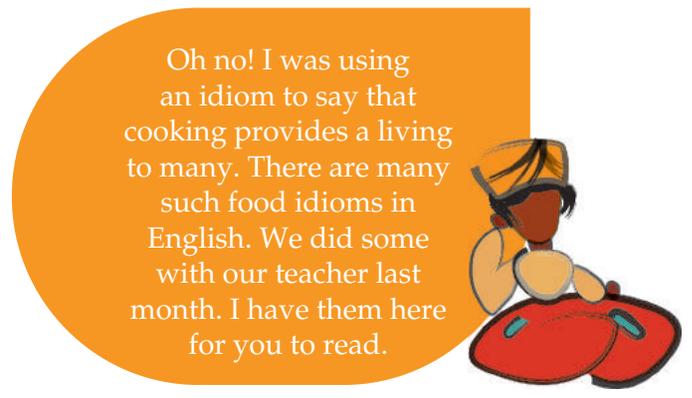


Down	Across
1. To cook quickly in a little oil or butter.	7. To cook food in an oven
2. To cook food without putting the food directly in water.	6. To heat food so that the liquid gets hot enough for bubbles to rise and break the surface.
3. To cook under direct heat	8. To soak food in a liquid to tenderize or add flavor to it.
4. To press, fold and stretch dough until it is smooth and uniform.	9. To scrape food to make thin pieces.
5. To stir ingredients together with a spoon or electric mixer until well combined.	10. To cut into small pieces.
6. To squash food with a fork or spoon.	





Are you telling me that many people enjoy eating bread & butter?



Oh no! I was using an idiom to say that cooking provides a living to many. There are many such food idioms in English. We did some with our teacher last month. I have them here for you to read.

### Section 3.5 : Food Idioms

(1) Complete the following passage using food idioms from the given clue box :

cool as a cucumber	go bananas	egg someone on	apple of the eye
hot potato	spill the beans	it's not my cup of tea	chewing fat
a piece of cake	one smart cookie	finger in many pies	cheap as chips

The class was excited today – the football match was scheduled for the afternoon and they all had been (i) \_\_\_\_\_ about it. Shreya was the goalkeeper, and everyone thought that she would be nervous. But she was (ii) \_\_\_\_\_. The class teacher, Mrs. Khan entered the class. She had to share the sad news-the match was postponed as the coach had fallen sick. This was perhaps because last week, the coach had his (iii) \_\_\_\_\_ managing everything all at once. She was sure that the students would (iv) \_\_\_\_\_ upon hearing this. She planned to play an interesting Maths game with the class before she broke the news. She called everyone's favourite Aarti, who was her (v) \_\_\_\_\_, to help her with the scoring. The class finished it quickly - as if it was (vi) \_\_\_\_\_. Except Suhasini, who just gave up the exercise exclaiming (vii) "\_\_\_\_\_!" "Hey Suhasini," said Mrs. Khan, "You are (viii) \_\_\_\_\_, give it another try." Mrs. Khan then (ix) \_\_\_\_\_ about the cancelled match and the whole class was disappointed.



That was fun.  
Hey Vijay, do you  
recall asking me  
to imagine people  
eating metal or  
paper? We'd read  
a poem about a  
teacher eating H.W.  
Remember?

Yes, I remember.  
Why do you ask?



Well, I came  
across a similar  
poem by J.H. Rice,  
but its about  
wanting to  
eat grass!

That's very  
strange. Let's  
read it  
together.



### Section 3.6: I Would Like to Eat Grass

Read the given poem and answer the questions that follow :



I would like to eat grass  
It's free and green and looks healthy  
And horses and cows and sheep and small wriggly creatures  
All eat grass.

But if I could eat grass, I might be bored and sometimes,  
For a treat,  
I would eat a nettle, a thistle, or a dandelion.  
And maybe I'd think about how nice they taste,  
But then someone, somewhere, would tell me  
(because someone, somewhere, will always tell you such things)  
That too many weeds are bad for you.  
"Dandelions are bad for your teeth", they'd say.  
"And thistles make you fat."

You might never get it right  
When it comes to food,  
Even if you could eat grass.

– *by* J H Rice

**(1) The tone of the poet is**

- A. optimistic.
- B. hopeful.
- C. amused.
- D. jolly.

**(2) He wants to eat grass because**

- A. it doesn't cost anything and is nutritious.
- B. he is too poor to buy food.
- C. most of the animals eat it.
- D. it's better than regular food.

**(3) The poet might want to eat \_\_\_\_\_, for a treat.**

- A. a small wriggly creature.
- B. something green.
- C. some weeds.
- D. some animals.

**(4) The only people NOT being mocked by the poet are**

- A. dieticians.
- B. fat loss experts.
- C. people like himself.
- D. people around.

**(5) In the poem, the poet feels that**

- A. even grass is not healthy enough.
- B. all foods are bad for the body.
- C. food and nutrition studies have stopped us from enjoying our food.
- D. all types of food items are criticized these days.

**(6) Tabulate the following.**

cow, nettle, horses, weeds, dandelions, sheep, grass, thistle

Plants	Animals



Hmm... that poem was rather humorous. On a serious note, I feel that people waste a lot of food. There are so many who go hungry in our country.

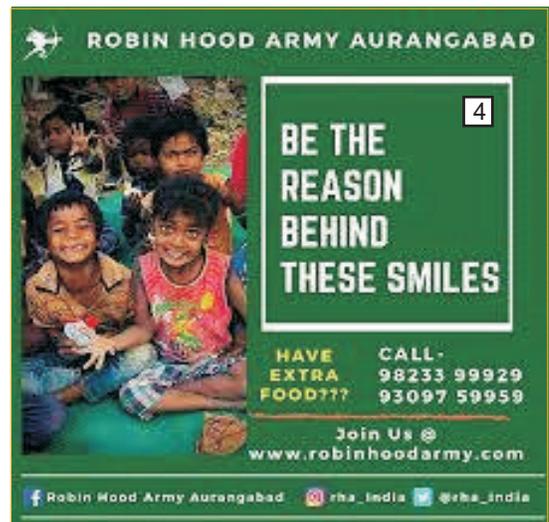
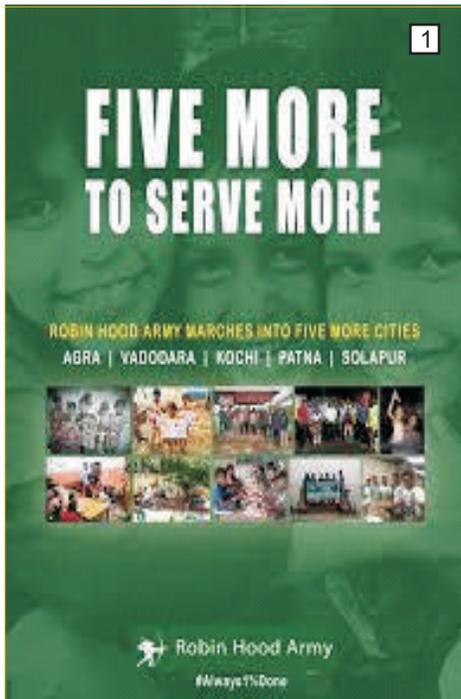
I agree. You know, I read about an interesting group, when I visited my cousins in Aurangabad. They take surplus food to people-The Robin Hood Army.



Let me look them up online. Wait . . . Oh Yes! Here is some bit of information on them. Have a look!

## Section 3.7: Food Crusaders

Study the posters and read the connected information to answer the questions that follow:



**CONTRIBUTE FOOD!** If you manage a restaurant or generally want to contribute regular meals from your family or workplace, let's connect. Join our Robin Hood Army.

The Robin Hood Army is a volunteer-based, zero-funds organization that works to get surplus food from restaurants and the community to serve less fortunate.

Who are we? Our vision is simple. Beat global hunger and bring out the best of humanity using food as a medium.

On the army's first night of distribution, we realized that helping the less fortunate may feel good personally, but feeding 50 odd people at night, once a week would not create any real difference in a country where millions are starving. Hunger is an acute problem. We needed to reach out to more people, more restaurants, and more cities - our deadline being yesterday.

Answer the following:

(1) Why do you think this organization selected the name, 'Robin Hood' for their work force?

.....  
.....

(2) The organization calls itself an 'Army.' In this context respond to the questions below.

- a) Who is the enemy? \_\_\_\_\_
- b) Who are the soldiers? \_\_\_\_\_
- c) What is the ammunition? \_\_\_\_\_

(3) What does 'our deadline being yesterday', mean?

- A. Cannot afford to wait any longer as they are already late in helping people fight hunger.
- B. Not able to complete their project of feeding lakhs of hungry people in time.
- C. Unable to connect with more than one restaurant on a daily basis.
- D. Not able to recruit enough volunteers for the task.

(4) 5 million needy citizens in rural India need grains. ....In the context, what is ironic about poster number 2?

- A. Rural India, despite poverty, has such a large population.
- B. Rural India which supplies food crops to the entire nation is starving.
- C. The rural population in India only eats grains.
- D. Millions in India reside in rural areas that grow grains.

(5) According to Poster 4, the reason for the smiles of the children is

- A. a full stomach.
- B. volunteering.
- C. collecting food.
- D. a food fight.

You need to remember to make smart food choices, eat mindfully and avoid food wastage. You should also redistribute surplus food to those who need it. So, be generous and partner with local organizations to be a part of the movement to feed the hungry.