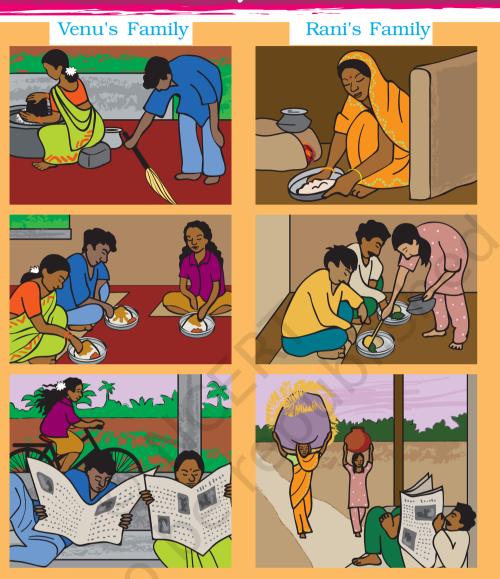
The Story of Food







Look at the pictures given above.

What kind of work are people doing in both the families?



Is your family like any one of these families? If yes, like which one? How is your family like their's?



Discuss carefully and sensitively the issues such as defined gender roles, etc. Allow children the freedom to question these without hurting the feeling of others.





If not, let us talk about your family.

- Do all the people in your family eat together? If not, why?
 Who eats last in the family?
 Who does not help in cooking food in the family and why?
- In the table, some of the work done in the house has been mentioned. Find out who does them in your house and who does them in your friend's house. You can add some other work also to the list.

Tou can ada	Some other work also to the list.		
Work	Who does the work		
	In your house In your friend's house		
Cooking food			
Buying things from the market			
Sweeping			
Cleaning the utensils			
Filling water			

* Who does more work?

In your's house			
In your friend's house			



Where does what we eat come from?

names to the list. Draw a green around those items that we get from plants. Draw a red around those items that we get from animals. Honey Turmeric Fish Corn Milk Lemon Spinach Potato Ajwain Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you of get hurt have a stomachache		The names of some food items are given below. Add some more					
from animals. Honey Turmeric Fish Corn Milk Lemon Spinach Potato Ajwain Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt		names to the list. Draw a green around those items that we					
Honey Turmeric Fish Corn Milk Lemon Spinach Potato Ajwain Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt	get from plants. Draw a red around those items that we get						
Corn Milk Lemon Spinach Potato Ajwain Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt	from animals.						
Spinach Potato Ajwain Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt		Honey	Turmeric	Fish			
Egg Meat Banana Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt get hurt		Corn	Milk	Lemon			
Tomato Onion When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt		Spinach	Potato	Ajwain			
When you are sick, do you take any medicine which we get from plants? What do you take when you get hurt		Egg	Meat	Banana			
which we get from plants? What do you take when you get hurt		Tomato	Onion				
	Page 1	which we get from plants? What do you take					
have a stomachache		• get hurt					
		have a st	omachache				



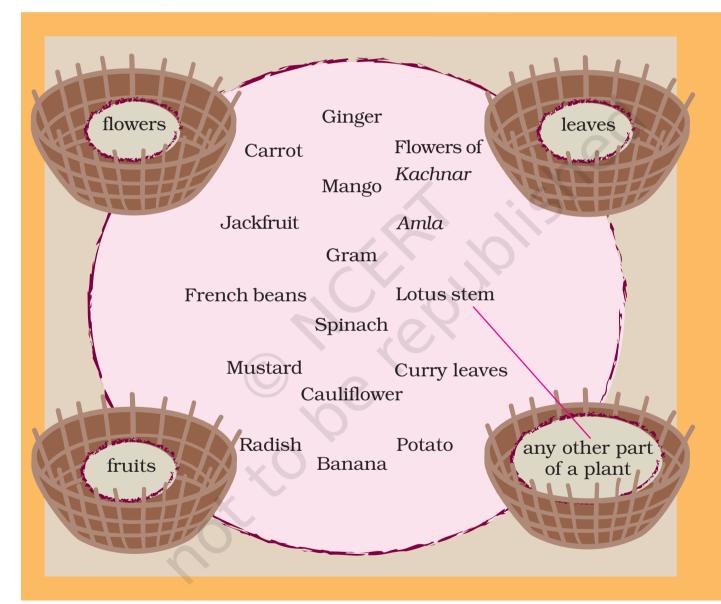
Help children to identify plants which are available in their immediate environment and are used as medicines. This will enhance their traditional knowledge of medicinal plants.



- have cough and cold ______
- have a toothache ______



Choose the correct basket for each item. Draw a line to match.





In this exercise names of some parts of plants eaten as food are given. More names can be added to the list during discussion.

