

# Food as Love

## Pre-reading Activities

### Question 1:

#### Menu Card

You have visited a hotel with your friends. Here is a menu-card. Read it and discuss which food items you would like to order. Give reasons for it.

Why not the other food items? Give reasons.

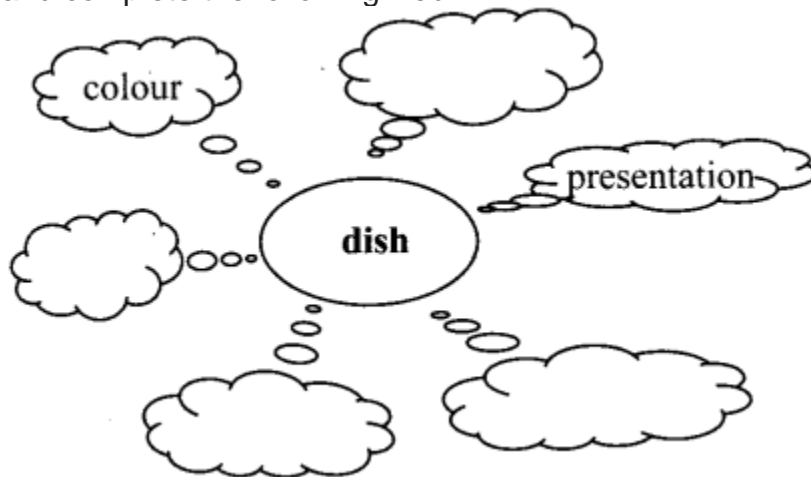
#### Answer:

If I visited a hotel that provided the food mentioned in the given menu-card, I would choose veg. noodles and veg. fried rice from the 'Our Speciality' section, as I am a vegetarian. These dishes are not too spicy and they contain a lot of vegetables. From the 'Deshi food' section, I would prefer zunkabhakari, dal khichadi and bhaji bhakari because these dishes are nutritious and easy to digest. I would opt for puran poll as a sweet dish because it is my favourite. I would avoid ordering varan bhat, even though I like it, because I eat it almost every day at home. Other items made of potatoes and matki would surely be left out because they are oily and contain high amount of calories. [Note: The above answer is given for reference. Students can take a cue from it and answer the question on their own]

### Question 2:

#### Food

When you look at a perfect dish, which things appeal to you? Discuss with your partner and complete the following web.



#### Answer:

- i. aroma
- ii. garnishing
- iii. freshness
- iv. taste

## Part I

### Passage 1

#### उतारा १

#### मराठी भाषांतर:

काल तयार खाद्यपदार्थांच्या दुकानातून तुम्ही मागवलेले

बर्गर तुम्हांला आठवतात का?

मलासुद्धा आठवत नाहीत.

असे असले, तरीही मी तुम्हांला माझ्या एका खास अविस्मरणीय जेवणाविषयी सांगू शकतो... एका मध्यरात्री माझ्या आईने माझ्यासमोर वाढलेला तो अल्पोपहार होता. मी एक बेपर्वा किशोर होतो. मी आईला गाढ झोपेतून हलवून जागे केले आणि हळू आवाजात पुटपुटलो, “मला भूक लागलीय.” ती कदाचित असे म्हणू शकली असती: “पुन्हा? परंतु तू तर रात्री भरपूर जेवण घेतले आहेस!” त्याऐवजी ती स्वयंपाकघरात भरभर चालत गेली आणि काही मिनिटांतच तिने बटाट्याच्या पराठ्याची गरम-गरम, गोलाकार गुंडाळी तयार करून आणली. अर्थातच, तो खूप चवदार होता; परंतु त्याहीपेक्षा जास्त म्हणजे, तो आनंदाने व प्रेमाने तयार केलेला होता.

आपल्या जेवणाच्या अशा आठवणी दीर्घकाळ टिकून राहू शकतात, कारण त्या आपल्या इंद्रियांना चेतवतात आणि आपला आत्मा तृप्त करतात. बाजारातील बर्गर अशी तृप्ती देऊ शकत नाहीत.

### A1. Factual Reading

#### Question 1:

Read the passage and suggest one word as answer of the given sentences.

- \*i. Time when the narrator was hungry.
- ii. The place where the mother trotted towards after waking up \_\_\_\_\_.
- \*iii. The dish prepared by mother.
- iv. Food that cannot strum the senses and make the soul sing \_\_\_\_\_.

**Answer:**

- i. midnight
- ii. aloo paratha roll
- iii. kitchen
- iv. burger

**Question 2:**

Read the passage and fill in the blanks by selecting a proper word from the text. You can take help of the hints provided in brackets:

- i. Unforgettable meal of the teenager was \_\_\_\_\_ (food)
- ii. Aloo paratha was \_\_\_\_\_ (condition)
- iii. Aloo paratha was \_\_\_\_\_ (taste)
- iv. Aloo paratha was made with \_\_\_\_\_ (emotions)
- v. Aloo paratha was tastier than \_\_\_\_\_ (food)

**Answer:**

- i. piping hot aloo paratha
- ii. piping hot
- iii. delicious
- iv. grace and love
- v. burger

**Question 3:**

Read the passage and choose the correct alternatives.

- \*i. The incident of a piping hot aloo paratha is \_\_\_\_\_ for the teenager.
- a. remarkable
  - b. forgettable
  - c. worst
  - d. memorable

**Answer:**

- d. memorable

- \*ii. When the boy was hungry, his mother was \_\_\_\_\_.

- a. watching TV
- b. sleeping
- c. singing
- d. cooking

**Answer:**

- b. sleeping

- iii. The aloo paratha was made with \_\_\_\_\_ .

- a. cooking oil
- b. hands
- c. grace and love
- d. anger and irritation

**Answer:**

c. grace and love

iv. Our memories of meals last because they

- a. strum our senses
- b. satisfy our hunger
- c. taste delicious
- d. last longer

**Answer:**

a. strum our senses

**A2. Understanding the Passage**

**Question 1:**

Read the passage and find out words / phrases / sentences that provide proof for the following statements.

i. The narrator ate the aloo paratha late at night.

**Answer:**

It was a midnight snack, my mother dished up for me.

\*ii. The narrator is a young boy.

**Answer:**

I, an inconsiderate teenager, shook her awake from deep sleep

\*iii. The narrator got food which was very hot.

**Answer:**

She trotted to the kitchen and within minutes, made a piping hot aloo paratha roll.

\*iv. The food prepared by the mother was tastier.

**Answer:**

Of course it was delicious, but more than that, it was made with such grace and love.

**Question 2:**

Read the passage and arrange the sentences in proper order.

- i. The food was delicious.
- ii. The young boy was hungry.
- iii. The mother cooked aloo paratha within minutes.
- iv. The mother trotted to the kitchen.

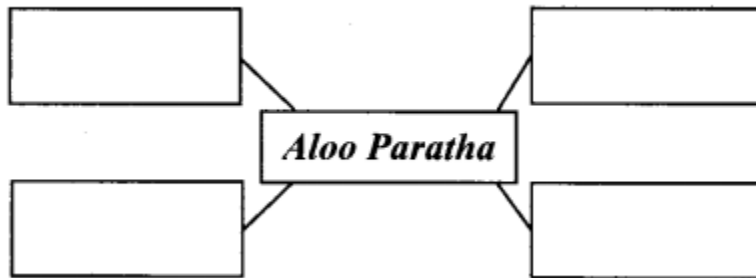
**Answer:**

- i. The young boy was hungry.
- ii. The mother trotted to the kitchen.

- iii. The mother cooked aloo paratha within minutes.
- iv. The food was delicious.

**Question 3:**

Complete the web by choosing words from the passage that describe the aloo paratha.



**Answer:**

- i. unforgettable meal
- ii. midnight snack
- iii. piping hot
- iv. delicious

**A3. Meaning from the Text**

**Question 1:**

Write from the passage words that mean:

- i. prepared and served a meal
- ii. not thinking or worrying about other people
- iii. spoke very softly
- iv. went hurriedly towards

**Answer:**

- i. dished up
- ii. inconsiderate
- iii. whispered
- iv. trotted

**Question 2:**

Write the opposites of the following words from the passage.

- i. forgettable
- ii. considerate
- iii. asleep
- iv. small

**Answer:**

- i. unforgettable
- ii. inconsiderate

- iii. awake
- iv. big

#### **A4. Language Study**

**Do as directed.**

**Question 1:**

I shook her awake. (Change the Voice)

**Answer:**

She was shaken awake by me.

**Question 2:**

I whispered, "I'm hungry." (Rewrite in indirect speech)

**Answer:**

I whispered that I was hungry.

**Question 3:**

You had such a big dinner. (Rewrite as an exclamatory sentence)

**Answer:**

What a big dinner you had!

**Question 4:**

It was made with grace and love. (Add a question tag)

**Answer:**

It was made with grace and love, wasn't it?

#### **A5. Personal Response**

**Question 1:**

Why does the narrator consider himself as 'inconsiderate teenager'?

**Answer:**

The narrator considers himself as an 'inconsiderate teenager' because he woke his mother from deep sleep one midnight to tell her that he was hungry, although he had eaten a big dinner earlier.

## Passage 2

उतारा २

मराठी भाषांतर:

दळायला सुरुवात करा.

कोण म्हणते शेते निःशब्द, स्तब्ध आहेत?

बघा, लाखो धान्यांची कणसे वाऱ्याचा कानोसा घेत आहेत.

रोमन कृषिदेवता Ceres, हिच्या नावावरून cereal (धान्य) हा शब्द आलेला आहे; परंतु आपण खऱ्या अर्थाने निसर्गाशी जोडले गेलेलो आहोत का? आपले धान्याचे पीठसुद्धा तयार दळलेले आणि पिशवीबंद असते. आघाडीच्या (अग्रगण्य) भौतिकशास्त्रज्ञ आणि पर्यावरणवादी डॉ. वंदना शिवा आपल्याला आठवण करून देऊ इच्छितात, की तयार पिठाचे परदेशी उत्पादन हे नैसर्गिकही नसते किंवा ताजेही नसते; ते प्रक्रियांच्या २६ पायऱ्यांमधून गेलेले असते आणि ते सहा महिने टिकून राहते. धान्याचे दळलेले खरे पीठ ते असते, ज्याच्यातून तुम्हांला त्या धान्यातील नैसर्गिक पाण्याचा वास येतो. एखाद्या वेळी, अधूनमधून, उत्तम प्रतीच्या (सेंद्रिय खत वापरून उत्पादित धान्य) धान्यापासून, तुमच्या स्थानिक चक्कीतून नुकतेच दळून घेतलेले ताजे पीठ वापरा.

त्याचप्रमाणे, बंद पाकिटातील ताक व पनीर न आणता स्वतः घरी दही जोरात घुसळून ते बनवू शकता का ते पाहा. मोठ्या वाडगाभर ताज्या सायीपासून स्वतः तूप काढा आणि तुमच्या स्वयंपाकघरात व हृदयात दरवळणाऱ्या स्वादिष्ट सुगंधाचा आस्वाद घ्या.

## Factual Reading

Read the passage and suggest one word as answer of the given sentences.

- Roman Goddess \_\_\_\_\_.
- Number of processing steps of packaged products \_\_\_\_\_.
- Number of months the flour, made by a foreign brand, lasts.

iv. Natural forces that ancient civilizations \_\_\_\_\_

**Answer:**

- i. Ceres
- ii. 26
- iii. 6
- iv. rain, sun, earth

**Read the passage and fill in the blanks by selecting a proper word from the text.  
You can take help of the hints provided in brackets.**

Dr V. Shiva is \_\_\_\_\_ and \_\_\_\_\_. (Professions)

Foreign atta was not \_\_\_\_\_ and \_\_\_\_\_. (Quality)

- i. physicist, environmentalist
- ii. natural, fresh

Read the passage and choose the correct alternatives.

i. The word 'cereal' comes from the Goddess of \_\_\_\_\_.

- a. Greece b. Rome
- c. India d. China

**Answer:**

- b. Rome

\*ii. The processed atta can be good only upto months.

- a. six
- b. seven
- c. five
- d. four

**Answer:**

- a. six

iii. Extract your own \_\_\_\_\_ from a bowl of fresh malai.

- a. ghee b. buttermilk
- c. paneer d. flour

**Answer:**

- a. ghee

\*iv. Many people use food as a \_\_\_\_\_.

- a. mouth filler
- b. trunk filler
- c. soul filler
- d. tank filler

**Answer:**

- d. tank filler



**Read the passage from line (11 to 37) on page (101) of your textbook and answer the following questions.'**

[Who says the field is still \_\_\_\_\_ ways to do this.]

## **A2. Understanding the Passage**

### **Question 1:**

Read the passage and find out words / phrases / sentences that provide proof for the following statements.

i. Dr Vandana Shiva is an important physicist and environmentalist.

#### **Answer:**

Dr Vandana Shiva, leading physicist and environmentalist, recalled a foreign flour brand was neither natural nor fresh.

ii. Homemade ghee is better than the packaged one.

#### **Answer:**

Extract your own ghee from a bowl of fresh malai and enjoy the delicious aroma that suffuses your kitchen and your heart.

iii. Food does not merely fill our stomach.

#### **Answer:**

Food was never meant to be just a tank-filler.

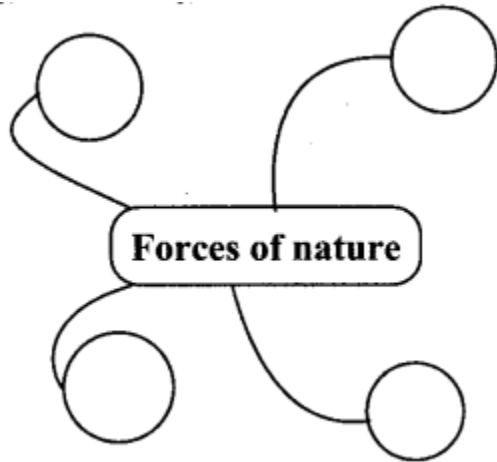
\*iv. The rain, the sun and the Mother Earth give us plenty of food.

#### **Answer:**

Ancient civilizations worshipped the rain, the sun and Mother Earth, forces that gave them the bounty of crop.

### **Question 2:**

Complete the web by choosing different forces of nature mentioned in the text.

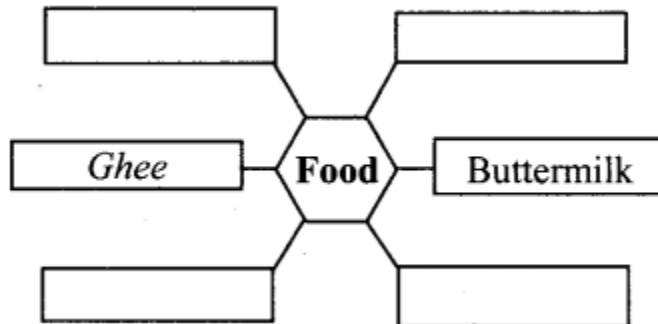


**Answer:**

- i. wind
- ii. rain
- iii. sun
- iv. earth

**Question 3:**

Complete the web by choosing food-related items mentioned in the passage.



**Answer:**

- i. Cereal
- ii. Flour
- iii. Grains
- iv. Paneer

**A3. Meaning from the Text**

**Question 1:**

Write one word from the passage for the following meanings.

- i. a professional who specialises in the study of physics
- ii. located outside of our country
- iii. without chemical fertilizers
- \*iv. the smell of delicious food \_\_\_\_\_.
- v. spreads through

**Answer:**

- i. physicist
- ii. foreign
- iii. organic
- iv. aroma
- v. suffuses

**Question 2:**

Write the opposites of the following words from the passage.

- i. disconnected
- ii. artificial
- iii. native
- iv. stale

**Answer:**

- i. connected
- ii. natural
- iii. foreign
- iv. fresh

**Question 3:**

Find out the Non-English words from the passage and translate them in English language.

**Answer:**

- i. atta – flour
- ii. chakki – flour mill
- iii. malai – cream

**Question 4:**

Find out the describing word from the following sentence and use it in your own sentence.

Ancient civilizations worshipped the rain, the sun, and Mother Earth.

**Answer:**

Ancient – Art and literature has been known to man since ancient times.

**A4. Language Study**

**Do as directed.**

**Question 1:**

It had gone through 26 steps of processing.  
(Rewrite in Present Continuous Tense)

**Answer:**

It is going through 26 steps of processing.

**Question 2:**

Get your atta freshly ground from a local chakki. (Rewrite as a simple sentence)

**Answer:**

You must get your atta freshly ground from a local chakki.

**Question 3:**

You can find ways to do this. (Rewrite as an Interrogative Sentence)

**Answer:**

Can't you find ways to do this?

**A5. Personal Response .****Question 1:**

'Homemade food is better than packaged food'. What do you think?

**Answer:**

Packaged food is made to last for several months in stores. Hence, it contains numerous preservatives and chemical additives like MSG, benzoic acid, flavour enhancers, excessive oil, salt, etc. It has low nutritional value and is primarily meant to please one's taste buds. Due to all these reasons, consuming packaged food affects one's health severely. Homemade food, on the other hand, is easier for our body to digest. It contains fresh ingredients and no preservatives, since it is not meant to last for a long time. Thus, we consume less sugar and oil when we eat home-cooked food. Besides, it is also cost effective. All these reasons make homemade food a better option than packaged food.

**Part II****Passage 3**

मराठी भाषांतर:

### स्थानिक अन्न खा

गव्हाच्या उत्पादनामध्ये आपण स्वयंपूर्ण असताना, 5000 मैलांवरून आयात केलेला कीटकनाशकयुक्त गहू का खायला हवा, याचे वर्ल्ड फ्युचर काउन्सिलच्या प्रख्यात डॉक्टर, डॉ. शिवा यांना खूप आश्चर्य वाटते. त्यांना भारतात पिकवलेले व भारतात शिजवलेले अन्न त्यातील शुद्धतेसाठी आवडते. त्या म्हणतात “आपण गरीब देशातील आहोत; परंतु आपल्याकडचे अन्न ताजे आहे. त्या अन्नाला चव आहे आणि माझ्याकडची साधी छोटीशी चपाती व थोडीशी डाळसुद्धा मी दररोज खाऊ शकते.”

डॉ. शिवा यांनी भूमीवरील प्रेमाखातर ‘नवधान्य चळवळ’ सुरू केली आहे. ‘नवधान्य’ म्हणजे ‘नऊ बीजे’ (नऊ प्रकारच्या धान्यांची बियाणे) आणि ही चळवळ स्वदेशी, सेंद्रिय शेतीला प्रोत्साहित करते. या विषयासंबंधी अधिक जाणून घेण्यासाठी, डॉ. शिवा यांचे पुस्तक: स्टोलन हार्वेस्ट: ‘द हायजॅकींग ऑफ द ग्लोबल फुड सप्लाय’ (जागतिक अन्न पुरवठ्याचे अपहरण) वाचा. परिश्रम करणारे, अन्न पिकवणारे, निसर्ग व त्यातील विस्मयकारक प्राणी या सगळ्यांना पृथ्वीपासून कसे दूर नेले जात आहे या विषयी डोळे उघडायला लावणारी ही वस्तुस्थितीदर्शक कथा आहे.

## गणित विसरा

आपल्यापैकी काही लोक उष्मांकाविषयी एवढे अतिउत्साही का असतात? आणि अमुक मिलिग्रॅम कॅल्शियम आणि तमुक ग्रॅम प्रोटीन्स मिळून तयार होणाऱ्या भ्रामक संतुलित आहारासाठी का बरे धडपडतात? तुम्ही प्रेमाविषयी जसा विचार करता, तसा अन्नाविषयी का नाही करत? डॉ. शिवा प्रतिपादन करतात, “अन्न हे सजीव आहे. ते फक्त पिष्टमय पदार्थ, प्रथिने आणि पौष्टिक घटक यांचे तुकडे नाहीत. ते एक अस्तित्व, पवित्र अस्तित्व आहे”. काही झाले तरी, तुम्हांला मिळणारे प्रेम तुम्ही ग्रॅम किंवा पौंडात मोजूच शकत नाही. मग अन्नाचा, गणिती आकडेमोडीप्रमाणे आणि कृत्रिम घटक द्रव्ये असलेले, असा विचार का करता? तुम्हांला वजन कमी करायचे आहे? तर एक आयुर्वेदिक सल्ला आहे. तुमच्या तळहातांच्या ओंजळीत मावेल एवढेच खा आणि मग तुम्ही प्रमाणाबाहेर खाणारच नाही ते इतके सोपे आहे.

### A1. Factual Reading

#### Question 1:

Read the passage and state whether the following statements are True or False. Write the line no. that prompts you the answer.

- Dr V. Shiva is against pesticide-laden imported food product.
- The narrator has great attraction for Indian food.
- According to Dr V. Shiva farmers and the nature are well respected on the earth.
- We should respect food.

#### Answer:

- True, Line no. 1, 2, 3
- True, Line no. 3, 4, 5
- False, Line no. 9, 10, 11
- True, Line no. 14, 15

**Question 2:**

Read the passage and match the following columns.

	A		B
i.	Dr Shiva	a.	lose weight
ii.	Food	b.	nine seeds
iii.	Navdhanya	c.	a sacred being
iv.	Ayurvedic tip	d.	Stolen Harvest

**Answer:**

(i – d), (ii – c), (iii – b), (iv – a)

Read the passage from line (1 to 18) on page (104) of your textbook and answer the following questions.

[Dr Shiva, member, prestigious..... It is that simple.]

**A2. Understanding the Passage****Question 1:**

Read the passage again. Write the information under the proper heading.

Dr Vandana Shiva

Particulars	Information
Post	
Loves	
Activity	
Book	
Quote'-	

**Answer:**

Particulars	Information
Post	Member of the prestigious World Future Council
Loves	Fresh and pure Indian food
Activity	Started the Navdhanya movement to promote domestic and organic farming
Book	Stolen Harvest: The Hijacking of the Global Food Supply
Quote	"Food is alive; it is not just pieces of carbohydrate, protein, and nutrient, it is a being, a sacred being."

**Question 2:**

Read the passage and complete the table.

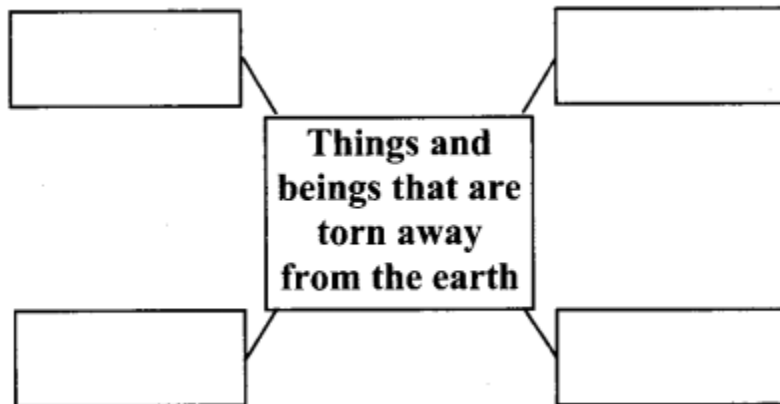
Dr Shiva described food as	Dr Shiva described Indian food as
a.	a.
b.	b.

**Answer:**

Dr Shiva described food as	Dr Shiva described Indian food as
a. alive	a. fresh
b. a sacred being	b. pure

**Question 3:**

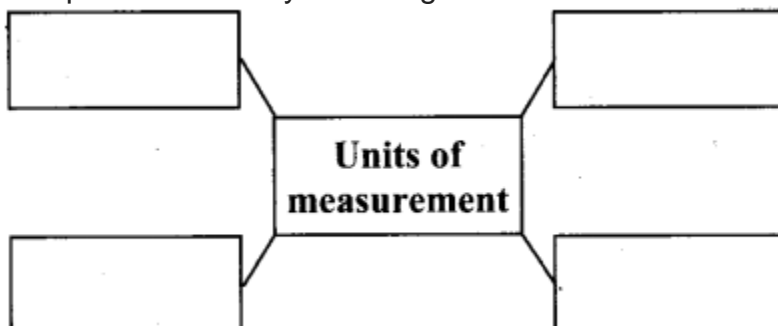
Complete the web.



**Answer:**

- i. those who labour
- ii. those who grow food
- iii. nature
- iv. nature's creatures

Complete the web by choosing the units of measurement mentioned in the passage.





**Answer:**

- i. calories
- ii. milligrams
- iii. grams
- iv. pounds

**A3. Meaning from the Text**

**Question 1:**

Read the passage and choose the correct alternatives to match words with their meanings.

- a. enlightening
- b. open an eye
- c. getting up

**Answer:**

- a. enlightening

**ii. elusive**

- a. scattered pieces
- b. difficult to understand
- c. in large quantity

**Answer:**

- b. difficult to understand

**\*iii. balanced diet**

- a. limited nutritious food
- b. food that is oily and spicy
- c. delicious food

**Answer:**

- a. limited nutritious food

**\*iv. artificial**

- a. made using different art
- b. face and art
- c. not natural

**Answer:**

- c. not natural

**Question 2:**

Write from the passage words that mean:

- i. brought from a foreign land into our country
- ii. without chemical fertilisers
- iii. considered holy and divine
- iv. traditional system of medicines for healing

**Answer:**

- i. imported
- ii. organic
- iii. sacred
- iv. Ayurvedic

**Question 3:**

**Write the opposites of the following words from the passage.**

- i. exported
- iii. dead

**Answer:**

- i. imported
- ii. little
- iii. alive
- iv. Simple

**A4. Language Study**

**Do as directed.**

**Question 1:**

We come from a poor country but we have fresh food. (Rewrite using 'although')

**Answer:**

Although we come from a poor country, we have fresh 'food.

**Question 2:**

The food has taste. (Add a question tag)

**Answer:**

The food has taste, doesn't it?

**Question 3:**

The movement promotes domestic, organic farming. (Change the Voice)

**Answer:**

Domestic, organic farming is promoted by the movement.

**Question 4:**

Why not think about food like you think about love?  
(Rewrite as an Assertive Sentence)

**Answer:**

You should think about food like you think about love.

**Question 5:**

Eat only as much as you can cup in the palms of your hands. (Rewrite using 'should')

**Answer:**

You should eat only as much as you can cup in the palms of your hands.

## A5. Personal Response

### Question 1:

Why should we eat local food?

#### Answer:

We should eat local food because it is fresh and pure. It does not have artificial ingredients. Also, it does not go through various steps of processing, which makes it organic.

### Question 2:

We should think of calories before we take food. Why?

#### Answer:

We should think of calories before we take food because our body requires only a limited diet. This diet varies from person to person. A person who does a lot of physical work requires more calories than the one who does sedentary work. If a person does not think about calories before taking food, he or she may put on weight, which in turn may lead to several health problems.

## Passage 4

उतारा ४

मराठी भाषांतर:

संत्र्याचा सुगंध अनुभवण्याकस्ता वेळ काढा

पिकलेले संत्रे ही एक अद्भुत गोष्ट आहे. त्याचा तेजस्वी रंग, ताजा सुवास, आंबट रस तुम्हांला दीर्घ श्वास घ्यायला भाग पाडतो, तुमच्या जिभेवरील स्वादकलिकांना चेतवतो. आपल्या इंद्रियशक्ती अन्नपदार्थांशी उत्कटतेने जोडलेल्या असतात, त्यांची जाणीव करून घेणे, त्यांना स्वीकारण्याची तयारी करणे आणि त्यांना शरीरात आमंत्रित करण्याचे काम त्या करतात.

जर अन्न ही एवढी तृप्तता देणारी गोष्ट असेल, तर त्याला आपण अनादराने वागवणे हे बरोबर असूच शकत नाही. दुसऱ्या शब्दांत सांगायचे, तर आपण जेवण चुकवू नये किंवा जेवणास उशीर करू नये, उपवास आणि अतिखाणे यांमध्ये लटकत राहू नये, किंवा अविचाराने अनेक कप कॉफी पिऊ नये. अशा प्रकारचे अन्नपदार्थ कदाचित आपल्यातील जिवंतपणा कायम ठेवतील; परंतु ते आपले पोषण करू शकणार नाहीत किंवा आपल्याला आनंदी बनवू शकणार नाहीत.

स्पर्श, गंध, दृष्टी, श्रवण आणि स्वाद या इंद्रियांच्या क्षमता बोथट होऊ देण्याची सक्ती आपण का करावी? आपण आपल्या शारीरिक अवयवांना थोडे कमी दर्जाचे पोषण का द्यावे, आपले मन कमी संतुष्ट का ठेवावे, आपल्या आत्म्याला थोडे कमी समाधान का लाभू द्यावे? आपल्याला थोडे थांबून संत्र्याचा सुगंध अनुभवायला पुरेसा वेळ नाही म्हणून?

## A1. Factual Reading

### Question 1:

Read the passage and match the following columns.

	A		B
i.	ripe orange	a.	satisfaction
ii.	body	b.	ingredients
iii.	mind	c.	contentment
iv.	soul	d.	citrusy juice
		e.	nourishment

### Answer:

(i – d), (ii – e), (iii – c), (iv – a)