

09/09/21

Thursday

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[Food For All]

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Difficult words

- ① Subsistence farming
- ② Commercial farming
- ③ Cash crops
- ④ Migrant labourers
- ⑤ Landless labourers
- ⑥ Green Revolution
- ⑦ Irrigation
- ⑧ Vermicomposting
- ⑩ Ration shops
- ⑪ Famine
- ⑫ Public Distribution System

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① What happens to the food we eat? ②

Digestion: The process of breaking down of food into a simpler form is called digestion.

Steps to Remember:

- ① we put the food into mouth
- ② Teeth [bite and chew] so that food will break into small pieces
- ③ Tongue [Helps to taste]
- ④ Food + Saliva → [Salivary gland]
- ⑤ when saliva mix with food it changes
carbohydrates → glucose

- (6) Glucose [also called blood sugar] enters our blood.
- (7) Blood carry it to all parts of the body.
- (8) Insulin helps to use this sugar as energy.

ORS [Oral Rehydration Salts]:

This is a combination of salt, sugar and water.

Glucose drip: It is given to people who are suffering from dehydration or weakness in the form of liquid through a needle and tube directly into their blood.

Note:

- * Not making healthy food choices can lead deficiency diseases.
- * If we keep the food outside for few days bacteria and fungus begin to grow in it.

Fungus: Small green spots in spoiled food

Preservation:

Cooked or uncooked food can be preserved in different ways

- Pickling
- Jellifying
- Refrigeration
- Dehydration
- Canning
- Tetra packaging

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Food For Us

①

Balanced diet: A diet that contains all the nutrients that we need to grow well and be healthy is called a balanced diet.

Food pyramid:

It is in pyramid structural form which shows how all types of required nutrients is important for a healthy balanced diet.

[It is a tool which guides us for a healthy diet]

* Start from base

↳ Larger portion of our diet

* Move to the tip → Smallest portion of our diet