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Food Has Different Jobs





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Food Has Different Jobs

One food cannot do every job



THE IDEA

Our bodies need a range of nutrients. Food provides energy and materials for growth and repair. It also supplies nutrients that support normal body functions.

Different foods contribute different amounts. Variety across meals helps meet these needs.

CHECK YOUR THINKING

What does variety help provide?

A A wider range of nutrients

B A guarantee that nobody ever gets ill

A. Different foods supply different nutrients. Variety supports health but cannot guarantee freedom from illness.

A RELATED EXAMPLE

Food fuels our activities

Carbohydrates and fats can provide energy. Rice, wheat and millets provide carbohydrate. Oils and fats also supply energy. These foods have other nutrients too. An 'energy-giving' group names a main role, not the food's only role.

Food Has Different Jobs

Small nutrients, important jobs



THE IDEA

Vitamins and minerals support body functions. Fruits and vegetables provide different nutrients and fibre. Fibre helps normal bowel function.

These foods support health; they are not a shield against every disease. Keep the explanation realistic.

CHECK YOUR THINKING

What is a careful claim about varied fruit and vegetables?

A They guarantee that nobody becomes ill

B They contribute useful nutrients and fibre

B. They support normal body functions as part of a varied diet, without preventing every illness.

A RELATED EXAMPLE

Growing and repairing

Protein helps build and repair the body. Pulses, beans, soy foods, eggs, dairy, fish and meat can contribute protein. Families choose different combinations. No one item is compulsory for every person. Allergies, traditions, needs and available foods matter.

Food Has Different Jobs

Taste and nutrition are different clues



THE IDEA

A food can have more than one flavour. Shad rasa is a traditional six-part description: sweet, sour, salty, pungent, bitter and astringent.

Pungency is a hot sensation; astringency feels drying. This is not the same as a scientific list of basic tastes or nutrient groups.

CHECK YOUR THINKING

Do flavour groups tell us all nutritional value?

A No, flavour and nutrients are different

B Yes, taste alone gives every answer

A. Flavour describes experience. Ingredients and nutrients provide different information about food.

A RELATED EXAMPLE

Meet the millets

A food tradition can offer variety. Ragi, bajra and jowar are millets used in many dishes. Wheat and rice are other cereal grains. A millet dish's ingredients and preparation still matter. 'Millet' is not a magic label for a complete diet.

Food Has Different Jobs

More than one cooking method



THE IDEA

Roasting, baking and frying transfer heat differently. Baking uses hot air in an oven. Roasting often uses direct or surrounding dry heat. Frying uses hot fat or oil.

Some washed fruits can be eaten raw. Raw does not automatically mean safe, and cooking does not remove every possible hazard.

CHECK YOUR THINKING

What distinguishes frying?

A Cooking only in cold water

B Cooking using hot fat or oil

B. Frying transfers heat through hot fat or oil. It is different from boiling or steaming.

A RELATED EXAMPLE

Heat can reach food in different ways

Boiling and steaming are not identical. Rice may cook in hot water. Idli cooks using steam above water. A roti cooks on a hot surface. We compare pictures; students do not handle hot pans. The same ingredient can be prepared in different ways.

Food Has Different Jobs

Think about frequency and amount



THE IDEA

A whole eating pattern matters. Foods high in added sugar, salt or certain fats should not crowd out varied nourishing foods.

Packaging alone does not decide quality. Plain packaged milk and a sugary drink are different. Do not label people by what they eat.

CHECK YOUR THINKING

Which question is more useful?

A What is in it, and how does it fit the diet?

B Is the wrapper shiny?

A. Ingredients, amounts and eating patterns matter more than packaging alone.

A RELATED EXAMPLE

Read beyond the packet's picture

A label gives information the picture cannot. Ingredients, allergy information, dates and storage directions help adults choose and handle food. A 'best before' date concerns quality; a use-by or expiry instruction needs careful attention. Follow the actual label and ask an adult.

ONE LAST CHALLENGE

What could you add for protein?

A meal contains roti and vegetables. There is room for one more dish.



THE REVEAL

Dal or chickpeas would work.

Pulses supply protein alongside the nutrients in the other dishes.

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