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The Food We Eat



LEARNING OBJECTIVE

- ★ Farmers in India
- ★ Factors Favourable for Cultivation
- ★ Government helps farmers
- ★ Food habits
- ★ Changing Food Habits
- ★ Food storage

Farmers in India

We have different farmers in India who have their own ways of farming.

1. Small Farmers

Farmers which have a small plot of land are called small farmers. They need to borrow money from money lenders to purchase things like agricultural implements, seeds, fertilisers and pesticides. They are able to grow just enough to feed their family.

They are also called **subsistence farmers**. They are dependent on the rain to water their crops.

2. Commercial Farmers

Commercial farmers own a large plot of land. They grow crops for sale in the market. They use modern machines, irrigation facilities, fertilizers and pesticides.

3. Dairy Farmers

The farmers who rear cows, buffaloes and sell milk and milk products are called dairy farmers.



Small farmers use bullocks to plough the fields.



Commercial farmers use tractors.



TEACHER'S NOTES

The food that farmers grow is the real food that we get. Explain to the students the importance of food and other resources.



Factors Favourable For Cultivation

We need favourable climate and fertile soil to grow crops. Good quality seeds, modern farm machinery, good irrigation facilities, fertilisers and pesticides make a good yield of crops.



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Farmers who grow crops as well as rear animals are called mixed farmers.

Seeds

Farmers get seeds from the seed markets. Farmers should use good quality hybrid seeds, to ensure a higher yield.

Farm Machinery

Nowadays modern farm machinery like tractors, seed sowers, sprayers, harvesters, cultivators and threshers are used by commercial farmers. These help the farmers to do their work easily.



Tractor



Seed sower



Sprayer



Thresher

Irrigation

Farmers should have a good system of irrigation to water the crops as and when required, so that they do not depend on rain for water.

The artificial way of supplying water to the plants is called **irrigation**.

Some farmers irrigate their land from **tubewells**. They do not have to rely on rain. The tubewells pump water up from under the ground. Then the farmers dig channels to make sure that the water reaches all parts of the fields.



Tube well

Some farmers irrigate their land with water from **tanks**, open **wells**, **canals** or water bodies like **lakes** and **ponds**. They dig channels from the canal or lake to their fields.

Fertilisers

- Fertilisers are substances that increase the yield of crops. Most plants need manure or animal dung. These are the best fertilisers because they are natural.



Taking out water from a canal to irrigate the field.

Pesticides

Pesticides are chemicals sprayed on the plants to protect them from pests.

Government Helps Farmers

The government provides help to farmers in the following ways:

- ❖ It gives agricultural loans to farmers at low rates of interest.
- ❖ It helps farmers to buy their own land.
- ❖ It ensures that farmers get a good price for their produce.
- ❖ It provides high quality seeds, fertilisers and pesticides at subsidised rates.



Pesticides



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Artificial fertilisers are made from chemicals eg. urea.

Food Habits

People in different parts of our country and the world eat different kinds of food. Food habits of people depend upon the region where they stay, availability of food type, beliefs, customs, religion and culture.

- ❖ The people of Rajasthan eat dal-bati-choorma and bajre ki roti.
- ❖ The people of Punjab love to eat makki-ki-roti and sarson ka-saag.
- ❖ The people of West Bengal eat rice with fish curry.
- ❖ The people of Tamil Nadu eat idli, dosa and sambhar.
- ❖ The people of Kolkata (Bengal) eat rice, rasogulla and sandesh.
- ❖ Changing Food Habits
- ❖ The food habits are changing because there is so much variety in food items. Children and even adults love to eat pizzas, burgers, pastas, momos and more of other junk food items.



Changing Food Habits

The food habits are changing because there is so much variety in food items. Children and even adults love to eat pizzas, burgers, pastas, momos and more junk food items. When your grandparents were of your age, there was not much variety in food.

Food eaten in different parts of India.



East India



North India



West India



South India

Food habits have changed because of the following reasons

- ❖ New varieties of crops have been introduced with the advancement in science and technology.
- ❖ We have access to different kinds of perishable food items throughout the year due to large cold storage facilities.
- ❖ Large variety of processed food is available in the market due to the growth in the processing industry.
- ❖ Packed food is easily available and is used by many people.
- ❖ People love to eat readymade food.



Keep Food Safe

It is important to maintain cleanliness to keep food safe.

- ❖ The utensils in which food is stored or prepared should be clean.
- ❖ The person handling food should always wash his/her hands with soap and water.
- ❖ Keep the food always covered.
- ❖ Cook the food properly to kill all germs.
- ❖ Fruits and vegetables can be eaten raw. These should be washed well before eating.
- ❖ Avoid eating stale food.



Food Storage

There are times when farmers are not able to grow enough food, crops fail either because of lack of adequate rainfall or due to floods.



At times like these, when there are more people and less food, prices hike and poor have to suffer because they cannot afford the high food prices. When there is an extreme shortage of food it is called famine. It occurs due to destruction of crops because of natural calamities like droughts, floods, earthquakes, cyclones and tsunamis.



Flood



Earthquake



Drought



Tsunami

There are also times when food shortage is created artificially. This happens when enough food is produced but is not released in the market to keep the prices high. Traders hoard the foodgrains and make more money by selling it at a substantial higher rate.



Fact Finder



Fruits and vegetables are rich in antioxidants, supporting the body's defense against harmful free radicals.



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In 1943, a severe famine struck Bengal and lakhs of people died of starvation.

Summary



- We have different farmers in India who have their own ways of farming.
- Favourable climate and fertile soil are necessary to grow crops.
- Good quality seeds, modern farm machinery, good irrigation facilities, fertilisers and pesticides make a good yield of crop.
- The food habits are changing because there is so much variety in food items.





EXERCISE



A. Tick (✓) the correct option.

a. Who are subsistence farmers?

Small farmers

☐

Commercial farmers

☐

Dairy farmers

☐

b. Which of these is needed for a good yield of crops?

Good quality seeds

☐

Fertilisers

☐

Both (a) and (b)

☐

c. Which farmers grow crops as well as rear animals?

Dairy farmers

☐

Mixed farmers

☐

Pisciculturists

☐

B. Fill in the blanks.

a. _____ farmers own a large plot of land.

b. Some farmers irrigate their land from _____.

c. _____ are substances that increase the yield of crops.



C. Write true or false.

a. Idli and dosa are eaten in Punjab.

b. Commercial farmers use tractors.

c. Farmers get seeds from the seed markets.

d. Pesticides are chemicals sprayed on animals.

e. Government helps farmers to buy their own land.



D. Define the following terms.

a. Famine _____

b. Irrigation _____



- c. Hybrid seeds _____

- d. Fertilisers _____



E. Answer the following questions.

- a. Who are small farmers?

- b. Which factors are favourable for cultivation?

- c. How are the food habits changing nowadays?

- d. What is food shortage? How does it occur?



A. Interview a farmer and ask him about the problems he faces while growing crops. Make a project report.

B. Find out the popular dishes of these states.



States

Dishes

States

Dishes

- | | | | |
|---------------|-------|----------------|-------|
| a. Punjab | _____ | b. West Bengal | _____ |
| c. Tamil Nadu | _____ | d. Rajasthan | _____ |

