



Eating Together

Use Cordova Smart Class Software on the smart board in class to make learning enjoyable.

Eating Together In A Family

Eating together in a family creates a strong bond among the members of the family. It brings family members closer to one another. While eating together, we share our experiences, thoughts and ideas with our family members which strengthens our relationship.



eating together in a family

Eating Together On Special Occasions

We usually get together with our relatives and friends on special occasions like festivals, weddings and birthdays. Special dishes are cooked on these occasions. We engage special cooks called *halwais* to make special food for us. They prepare food in large vessels. The food is placed in serving bowls and served in good crockery. Eating together on such occasions brings a lot of joy and happiness to all of us. It creates a feeling of oneness among our family members, relatives and friends.



eating together on a special occasion

DO YOU KNOW?

People prepare and share special dishes during festivals. Rice is cooked with milk and jaggery (*gur*) for Pongal. A special sweet dish called *sewain* is prepared for Eid. These feasts promote feelings of love and brotherhood among people.



sewain

Eating Together In A Community

When a large number of people eat together at a special place, the activity is called community eating. People often gather together in **gurudwaras** to eat the same food. Food is prepared in large quantities in a common kitchen or **langar** and served to the people free of charge. People sit together on the floor and have the same food at a time. The **langar prashad** consists of **dal**, **roti**, vegetables,



langar in a gurudwara



a gurudwara's kitchen for langar

salad and a sweet dish. Many people consider working in the common kitchen or serving the food to people as a **seva** or service to mankind.

Fill in the blanks.

1. On special occasions, we engage special cooks called to make special food.
2. is a activity in which a large number of people eat together at a special place.

Eating Together In School

Nowadays, most of the government schools in our country provide **midday meals** to students. As you know, many children in our country do not get even one full meal a day. These children cannot study properly because they do not get a proper meal. A few years ago, the **Supreme Court** (the highest court in our country) gave the order that all government run primary schools must provide their students with hot cooked food.



midday meal for students

Before the midday meal starts, the teacher sees that the children wash their hands properly. They then sit in an orderly manner and wait for the food to be served. A variety of food is served. Sometimes students have vegetable and *roti* or *aloo-puri*, sometimes *dal*-rice and sometimes *idlis*. Everyday, the teacher ensures that children change their place. This gives the children the opportunity to make new friends.

A menu plan is displayed on the notice board outside the Principal's office. It tells the children, what they get to eat on each day of the week. Special dishes are served on important days like Independence Day and Diwali.

Eating Together In Boarding Schools

Some students study in schools where they live as well. Such schools are called boarding schools. In a boarding school, students sit together in a large dining hall called hostel mess to have their meal. They have fixed times for their meals. The hostel warden and house masters supervise to ensure that the students eat properly.



a hostel mess

Tick (✓) the correct statement and cross (✗) the one that is not.

- 1. In mid-day meals, special dishes are served on important days.
- 2. In boarding schools, students have their meals separately in their rooms.



eating during lunch break

Eating Together During Lunch Break

We have a lot of fun during lunch break at our school. Do you know why? We all share our meals during lunchtime. There is a wide variety of dishes to choose from! Sharing our meals also brings us closer to our friends.



PRACTICE EXERCISE – SECTION A

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Multiple Choice Questions (MCQs). Tick (✓) the correct answers.

- 1. The food served in a government school during the day is called meal.
(a) morning ☐ (b) mid-day ☐ (c) afternoon ☐
- 2. Schools where students study and live together are called schools.
(a) day ☐ (b) daylong ☐ (c) boarding ☐

B Fill in the blanks:

- 1. We share our experiences, thoughts and with our family members.
- 2. Eating together creates a bond of among family members.
- 3. Langar is prepared in a large
- 4. Boarding schools have large dining halls called



C Take a look at the following pictures and write the names of the occasions:



PRACTICE EXERCISE – SECTION B

(Use Cordova Smart Class Software on the smart board in class to do these exercises.)

A Multiple Choice Questions (MCQs). Tick (✓) the correct answers.

- We can get langar prashad in a
 (a) gurudwara ☐ (b) church ☐ (c) hospital ☐
- Boarding school students have times for their meals.
 (a) any ☐ (b) no ☐ (c) fixed ☐

B Very short answer questions.

- What do we call food served at gurudwaras?
- Name two occasions when we eat together in large groups.

C Short answer questions.

- How is food served in a boarding school?
- Why should we share our meals at schools?

D Long answer questions

- How is food prepared and served at wedding parties?
- What is the mid-day meal scheme? Why is it important?
- Sharing our meals brings us closer to each other. Do you share your things with others? Why/Why not?

Value Corner

ACTIVITY

PROJECT

- Collect pictures of your family members and friends meeting on special occasions like festivals, weddings and birthdays, and paste them in your scrap book.

GROUP DISCUSSION

- Visit the kitchen of a gurudwara. Look at the activities going on there. Observe how langar is prepared. See how many people are preparing langar prashad and how many are serving the food there. Discuss in the class about your visit to the gurudwara.