

Work Education

Cookery

Class IX



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Work Education

Cookery

Textbook for Differently able Student

Class IX





Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune 4.

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The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians are my brothers and sisters.

I love my country, and I am proud of its rich and varied heritage. I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders respect, and treat everyone with courtesy.

To my country and my people, I pledge my devotion. In their well-being and prosperity alone lies my happiness.

Preface

With changing standard of living needs and likings are increased. Considering it the study subject '**Cookery**' which fulfills the needs of others and give scope to the students entrepreneurship is determined for 9th and 10th standard. We are pleased to give the textbook of this subject in your hands.

It is expected that with the help of education we should fulfill our personal needs and stand to face future life challenges. It is obligatory that everyone should be capable in future to earn a living. For this it there is no way without hard work. So it is essential to introduce students various study fields and skill through work education subject. This will lead to the emergence of students as enterprising citizens. In Cookery subject curriculum constractivism is included comprehensively because of it in future students by choosing suitable skill can become economically self reliant and these student can easily face future challenges and become successful.

We hope it is expected that work education subject teachers, parent, student and experts in this field all will welcome this book.

This textbook is prepared for the first time for students and will definitely welcome it, we believe that this textbook prepared for parent, teachers and students will prove to be very useful.

While using this textbook if you face any difficulty or if you have any query report it to the textbook bureaus.

Pune
Date : 12 May 2023
Indian Solar Year :
22 Vaishakh 1945

(Krushnakumar Bhaskarrao Patil)
Director
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For Teachers

While preparing the textbook on the subject of Cookery various abilities of *Divyang* Students have been considered.

Divyang students face many difficulties like understanding knowing the subject and writing, so this subject has been implemented to over come those difficulties and bring them in the main stream of the society along with other students.

In this curriculum first easy dishes are given then *Paratha*, *Pulaw*, Vegetable like difficult dishes are given. To bring variety in dishes amble recipes are given here, but in a year if at least 10 recipes taught then students can learn many skills. From these 10 dishes it is essential at least one dish should be prepared by students from each group. Therefore it can be divided in *Chutney, Koshimbir*, Soup, 3 to 4 intimidate dishes, Rice type, types of Vegetables and sweet dishes.

According to Indian tradition chiefly the food was cooked at home. Eating habits have changed a lot in recent times. Food that are ready to eat are brought home. The proportion of out door eating/hotelling is increased a lot. In India the overall cooking business catering is on rise. It is essential to know the scientific knowledge, skill and technology about this field. So in elemental section student are going to learn serving food wrapping, labeling of food item, selling price of substance etc.

Students will be happy to learn this subject. Apart from that it is believed that will this basic course will give motive to the students to start self employment. The recipes given in this book are given as a sample. By considering available changes in them. The success of this subject is depended on your wish to do tasty dishes.

Activity Study Group (for Differently able children)

Textbook bureau.

For Students

You are already familiar with the subject of 'Cookery', which is a part of work education but now you are going to study this subject from the point of view to earn a living.

Instead of watching, listening the activity done by hands remembered for a long time, therefore under work education Cookery which is activity based subject is included in curriculum.

With the study of this you will know get the information of various elements. With your physical development, skill development will be achieved. The activities are included in this subject with this respect.

You will experience the thought process required to solve the problem as you over come the difficulties encountered white clothing the activity to the best of your ability. If you haven't get without getting desperate discuss with your parents and teachers about the elements causing failure and how you will overcome it, from this discussion you will know the various thing which are apt and useful to you. By following this you can definitely become successful entrepreneur in future.

With these activities the ability like selling skill of product, personal discipline and group work will develop or grow.

While doing recipes you have to constantly handle pointed things like grate knife etc. So they should be used carefully under the observation of parents and teachers. You self care is that much important.

Read the information on labels of ready-made substance in market. Important food ingredients name and their proportion is given on it, take the information about this. Do the study of symbols on label.

For new recipes read the books on it apart from your curriculum. You can use modern technology for this subject. Watch the programs on T.V. based of recipes. Remember some small tips given in the programme. Apply them at proper time, find out the practical on mobile and internet. Participate in Cookery recipe competition. While serving a dish decoration is very important. To make your decoration variant use you aesthetic, imagination, colour combination, various shaper co-ordination etc.

While doing recipe think of the nutritive value also. While doing recipe cleanliness. Take proper care. Take help of parent and teachers where it is needed. I assure you they will definitely guide you to achieve your desired good.

Activity Study Group (for Differently able children)

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Ability Statement : Elemental Theory

Sr. No.	Chapter Name	Ability Statement
1	Before preparing food substance	1) While learning cookery to take information about how to keep hygiene of surrounding. 2) While learning cookery to take information about how to keep utensils and tools clean. 3) Before preparing food substance take information about preparation. 4) To know rules about how to prepare a food substance first hand.
2	Cookery tools and equipments	While preparing food substance to get information about the tools and equipments use for cooking and know their uses/utilization.
3	Cookery preprocessing	To know about preprocessing and its advantages.

Ability Statement : Practical

Sr. No.	Chapter Name	Ability Statement
1	Chutney	To know the importance of Chutney in food. Along with vegetables Chutney enhances the taste. To get knowledge about sour, sweet, pungent taste of Chutney.
2	*Koshimbir*	To know how to increase relish in diet by preparing various fruits, fruit vegetables, leafy vegetables *Koshimbir*. To know how to choose substance, for eg; while preparing beetroot *Koshimbir*, when choosing beet if it feels soft to hand then it is state and if it is hard then its fresh. It you use dark red beetroot then *Koshimbir* looks attractive.

Ability Statement : Practical

Sr. No.	Chapter Name	Ability Statement
3	Soup	Soup is easy to digest, easy to prepare and low cost and enlighten appetite. It is beneficial to health. While preparing soup excellent taste and decoration these both things are essential.
4	Break time snacks	To know the ingredients required to make food such as *Bhel Puri, Paratha, Tomato Omlette*.
5	Vegetable	Vegetable is a tasty substance in our daily diet. To keep novelty in daily diet various types of vegetables are prepares. To know information regarding choosing, cutting, cooking and serving.
6	Rice	While learning types of rice important substance needed is rice. To gather information about it eg; New rice makes the dish soft and sticky and it required less water for cooking old rice makes the dish fluffy and separated this needs more water for cooking.
7	Sweet	Sweet dish holds an important place in festivals and function. While making sweet dish some things are to be followed carefully. To learn it. eg; While making *Sheera* semolina should be roasted on low flame stirring continuously still it becomes brown or else it will burn.

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1 Before preparing food substance

Lets Learn

(1) Surrounding hygiene
(2) Personal hygiene
(3) Hygiene of pots, equipments and tools.
(4) Food substance and equipments hygiene.
(5) Preparing food and serving food.
(6) Hygiene.

It is essential to keep hygiene before preparing food substance. While preparing food substance and while serving food substance and while wrapping food substance. If food substance is infected then its a possibility of transmitting those micro organisms to other person who eat it.

(1) Surrounding Hygiene

The room/place in which we are going to cook food cleanliness or hygiene of that room is important. There should be no spider web, cob webs and rubbish/trash. There should be ample brightness/light and ventilation. While cooking food if doors and windows are face to face then it help to give out smoke and steam. If this provision/ facility is not available in room then make provision for exhaust fan. The kitchen floor on which you are going to prepare food substance that kitchen floor and gas stove should be washed cleanly with water. In this way by following healthy and hygiene rules there not at all possibility of contagious of micro organism.

(2) Personal Hygiene

The person who cooks food should wear clean washed cotton clothes. Upon it if weared white lab coat then cloths will remain kept clean. Wrap handkerchief on hair or wear cap or wear hairnet in a way hairs will not fall in food substance. Nails of a person who does cooking should be cut. It is a possibility of entering nail stuck dirt in food. A person should clean wash the hands before actual preparation of work and then being the cooking work.

(3) Hygiene of pots equipment and tools

To prepare recipe if possible use stainless steel pots. On stainless steel there no effect of acid and alkalis substances and food substance remains good in condition. Apart from it food remain good in tinkered brass utensils. These utensils should be washed clean. All tools required to prepare food eg; knife cooking tweezers peeler, grater, pizza cutter, ladle, spoons etc. should be clean. The gadget used for cooking just like microwave oven cooker etc should be apt/suitable in running condition and clean. It should be known to the person, how to use those tools.

- **To gather food substance and equipments**

* Collect essential equipment by reading recipe of substance.
* To measure substance take out bowl, spoon on kitchen floor.
* After taking out substance Jars and Tins should be kept at proper place by fitting lid.

- **To prepare food and to serve it.**

* Plan the work in a schematic way that time, fuel and energy will not waste.
* Don't throw waste/useless substance in basin instead throw them in dustbin.
* Serve the food in a proper way and wrap the substance according to essentially.

- **Hygiene**

* Wash cleanly all the utensils/pots.
* For oily pots use hot water, wipe all the washed pots with napkins and arrange them on proper place.
* Before going out make it sure that basin, kitchen floor and the table from where food substance are taken is clean.

(1) Hygiene to be done before preparing food, substance, while preparing food substance and after preparing food substance.

* Personal * Equipment, pots * Surrounding

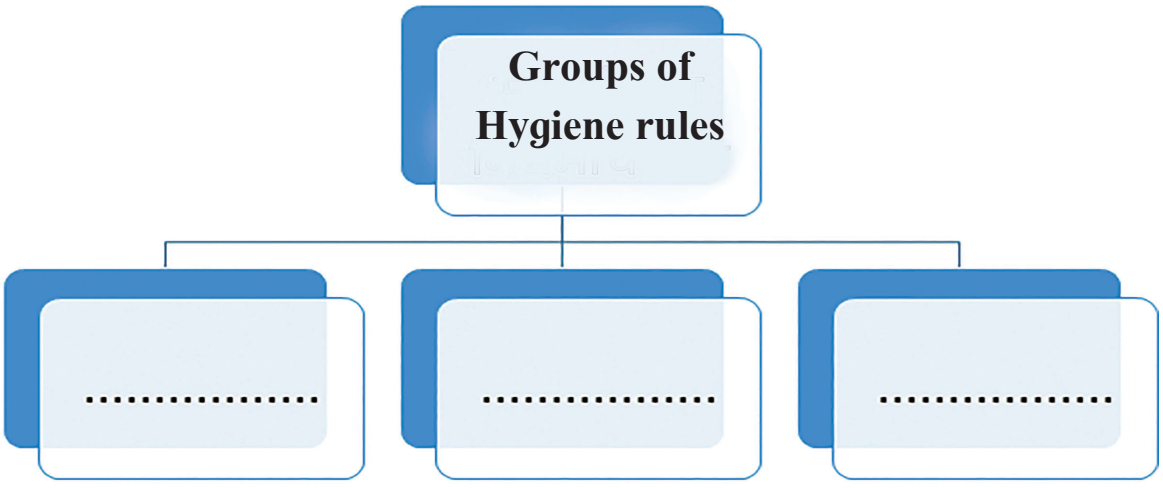
(2) Schematic planning of work.

What have we learnt?

* The person cooking food must be healthy.
* Three groups of hygiene rules.
  (1) Hygiene of surrounding
  (2) Personal Hygiene.
  (3) Hygiene of pots, equipments and tools.
* By following rules of healthy and cleanliness theres a hardly a possibility of infection.
* There should be a lot of ample light and ventilation in a room where food is cooked.
* Plan a work schematic that time, fuel and energy will not waste.
* While cleaning oily pots use hot water



(1) Complete the figure.



(2) Tick (✓) right before proper option.

(A) Which provision should be made to give out smoke room where food is prepared.?

- Doors and window should be face to face. ☐
- Make provision of exhaust fan. ☐

(B) Why nails should be cut of a person who cook food?

- Theres a possibility of breaking nails while cooking. ☐
- Theres a possibility of stuck dirt in nail and entering in food substance ☐

(C) What to use to wash oily pots?

- Cold water ☐
- Hot water ☐
- Pulp of tamarind ☐

(D) What to do to not waste time, fuel and energy?

- Do schematic planning. ☐
- To do work hastily. ☐

(3) What precaution should be take to not to fall hair in a recipe?

1) .....

2) .....

3) .....

(4) Write suitable word before figure from bracket.

(Peeler, Spatula, Rolling pin, Knife, Whisk, Lemon squeezer)













2 Cookery Equipment and Tools

Lets Learn

(1) Description and uses of equipments used for preparing food substance.

(2) Description and uses of tools used for preparing eatable substance.

Sr. No.	Name of equipment	Description and uses
(1)	**Stainer and Basket**	Some fruit and vegetables are stick with dust, soil and chick to wash fruit and vegetables and strain water from it stainless steel stainer or plastic mash basket are used.
(2)	**Knife**	The blade of a knife used to cut fruits and vegetables should be made of steel so the acid in fruit and vegetables will not affected it. Wash fruit and vegetables before cutting it because after washing cutting vitamins lost.
(3)	**Wood/Plastic board (cutting tray)**	To cut vegetables and fruits to peel, wooden or plastic clean board is used.
(4)	**Peeler**	To peel fruits and vegetables bark stainless steel blade peeler is used. Its blade should be sharp in peel will be remove from surface and pulp is not taken out.
(5)	**Grater**	To grate fruit and vegetables stainless steel grater is used. It iron grater is used then its a possibility of grating substance become black.

(6)	**Pots**	To cook food pots with tight lids are used. For seasoning brass, iron or black colour special coated (non stick coating) pots are used.
(7)	**Pan/Wok**	Pan is made up of iron, stainless steel, aluminum or indolium. It is used to fry *Puri* or *Wada*. Nonstick coated pans are also available, food substance didn't stick to the pan.
(8)	***Tawa***	To bake Chapati or cutlet *tawa* is used. These *tawas* are made up from iron, indolium or nonstick coating.
(9)	**Spoons, Spatula, skimmer, ladle**	By stirring to mix all the substance big spoons are used. To turn the *Paratha* like substance spatula is used. So as to fry *Puri* skimmer is used and to stir *Kadhi* like substance ladles are used.
(10)	**Pincers (cooking holder) *sandasi* wired tong**	To lift hot pots special type of wired tong or pincers are used. These are made up of iron brass or stainless steel.
(11)	**Pizza cutter**	It is used to cut pizza.
(12)	**Masher**	It is used to mash pieces of potatoes.
(13)	**Scissors**	To cut chilly and coriander leaves scissor is used.
(14)	**Cutter**	To cut vegetable cutter is used.
(15)	**Modern grater**	To cut onion, tomato in the same way according to requirement to cut other vegetables this modern grater is used.



Stainer



Knife



Wood/plastic board or cutting tray



Peeler



Grater



Pot



Pan wok



Tawa



Spoon, spatula, skimmer, ladle



Pincers



Pizza cutter



Masher



Modern scissor



Modern grater

Tools used to prepare various food substances	
Name of Tools	**Description and Use**
(1) Pressure Cooker	Food substance get cooked in less time in a pressure cooker. Because of it less nutrients are lost. In the same at a single time 2 to 3 food substance can be cooked. Sprouts, meat get cooked early.
(2) Mixer	Generally in every mixer there are three blades. According to each activity or recipe different blades are used. To stir fluid substances one pot is available. One pot is there to make powder or to grind Chutney like dry or wet substance.
(3) Food Processor	Food processor is used to grate various vegetables or fruits to make slices to make vertical pieces, to knead a dough etc activities for this various types of blades are used.
(4) Electric Oven	To bake biscuits, cake electric oven is used. To balance/regulate temperature there is one button In oven on upper and lower side elemental tubes are there. Due to electricity these tubes become hot and oven become hot. In it we can bake cake or biscuits.
(5)Microwave Oven	In microwave food is cooked with the help of micro waves. In microwave there is a tube of magnetron. When oven is on this tube converts electricity in to high frequency micro waves. The important thing is that don't use metal utensils in microwave oven, because microwaves can hot pass through metals on the other hand they reflected from metal. Use only glass, china clay and special type of plastic pots.
(6) Grill	There are coil in upper and lower part of grill. Once a electric current passed through it becomes hot. Substance get heat from upper and lower side. It is used to make substance crunchy and cuddy. It is used to make Sandwich. While handling grill be careful about electric current.

What have we learnt?

* By using steel blade, knife acids in fruits and vegetables will not affected on it.
* Peelers, blade should be sharp.
* In pressure cooker food gets cooked in short time.
* To bake substances like biscuits and cake electric oven is used.
* To make substance crunchy and cuddy grill tool is used. For eg, Grill Sandwich.
* In microwave food is cooked with the help of micro waves. Don't use metal pots in it. Only glass, china clay and special type of plastic pots should be used.
* Uses of various pots, equipments and electronics gadgets while cooking.



Pressure cooker



Mixer



Food Processor



Electric Oven



Microwave Oven



Grill



(1) Why fruits and vegetables essential in recipe should be washed before cutting?

.....

.....

(2) Match the following.

Sr. No.	Name of equipment		Uses
1)	*Sandasi* (Wired Tong)	a)	To remove peels of fruit and vegetables.
2)	Peeler	b)	To lift hot pots.
3)	Pan	c)	To bake and turn substance.
4)	*Tawa*	d)	To cut vegetables and fruits.
5)	Cutting Tray	e)	To fry substance.

(3) Which equipments you will use for the following uses?
(Shimmer, spatula, pot, grater, stainer, ladle, cutting tray)

* To take out water from washed fruits and vegetables.
  .....
* To cut fruits and vegetables.
  .....
* To grate fruits and vegetables.
  .....
* To cook food.
  .....
* To stir substance like *Kadhi*.
  .....
* To fry substance like *Puri*.
  .....
* To turn substance like *Paratha*.
  .....

(4) Write one use of following gadgets.

(a) Pressure Cooker .....
.....

(b) Mixer .....
.....

(c) Food processor .....
.....

(d) Electric Oven .....
.....

(e) Microwave Oven .....
.....

(f) Grill .....
.....

(5) Why one should not use metal pots in microwave oven?

.....
.....

(6) Tick right ✓ before correct option.

(a) By using grill substance becomes.....

Cuddy and crunch ☐
Substance can be cooked ☐
Substance can be fried ☐

(b) By using microwave gadget

Food get cooed fastly/early ☐
Food get fried ☐

* * *

3 Cookery Preprocessing

Lets Learn

(1) What is mean by preprocessing?

(2) Preprocessing of food substance.

(3) Preprocessing and their consequence/effect on food substance.

To cook a food or to make it liable to eat. Some processes has to be done on its equipments and it is called as eatable food substance preprocessing. Some preprocessing are as follows :

(1) Washing : Before cooking food substances lentils vegetables and fruits should be washed. When we wash lentils properly boric acid powder applied on it washed away. The soil stick to the roots of leafy vegetables washed away and wax on fruits can be remove.

(2) Cutting : Cutting is an important activity should have to be done to prepare *Koshimbir* and vegetables. For this knife traditional *Wili*, food processor can be used. By cutting vegetables and fruits in to pieces they cooks early and easy to eat.

(3) Grating : Before grating vegetables and fruits must be washed. By cutting peel, stalk and edges grate the fruit and vegetables. To prepare *Koshimbir, Halwa* if carrot and cucumber is grated then it becomes easy to bite.

(4) Cooking : Pressure cooker is helpful to save time in kitchen and easy to lessen the hard work. To cook, legume, grains vegetables it can be used. Food substance become easy to digest by cooking.

(5) Frying : Before frying oil should be hot enough and while frying also proper heat should be give, otherwise oil is absorbed in substance and becomes oily and taste also becomes oily. If substance is fried on low flame it becomes sticky. At one time if you put more pieces of substances then substance get spoiled. While frying spicy and salty substance flame should be kept high and while frying sweet substances

flame should be kept low. To fry spicy and salty substances always more oil is required, as compare to fry sweet substance less *ghee* required. Oil and *ghee* remains out after frying and if it is put again and again on flame then harmful liquids are created in it.

(6) Baking : While baking *Chapati* or *Paratha tawa* should be heated on medium flame. While baking *Paratha* spread *ghee* or oil everywhere on *tawa* with spoon and then only leave a *paratha* on it. While baking *Paratha* bake by leaving oil or *ghee*. Bake well, press in between with spatula. If *Paratha* made on low flame it becomes sticky. They cant bite properly. If bake on high flame it burns. Remember these things while baking *Chapati, Thalipeeth*. By baking properly utensils or grain substance becomes tasty and easy to digest by baking substances like *Bhakari, Papad, Bharatache Wange* on direct flame are made suitable to eat. Tender grains of *Jaawr* can be made because of it substance get tasty/delicious.

(7) To bring Sprouts : To prepare *Koshimbir*, *Usal* legumes should be made sprouted. When sprouts are small at that time only a legumes should be used to make *Koshimbir*. Eating raw sprouted legumes without cooking is nutritious.

*** Things to be remembered to bring sprouts to a legume.**

* Soak *Moong* bean, green pea, black chick peas for normally for 10 hours in water.

* After wards this soaked legumes should be tied in a cloth later normally in 10 to 12 hours sprouts come out.

* Instead of tyeing in cloth it can be kept in pot by putting lid on it. If it is kept in tender sun, sprouts grow early.

* By bringing sprouts to cow pea, moth bean, groundnut and *Masur* a *Usal* can be made.

* By bringing sprouts to moth beans and *Moong* a *Koshimbir* can be made.

* If you want to bring sprout early then after soaking pour hot water on it and then leave out water and tie in cloth.

* In winter pulses should be soaked in warm water in way sprouts come early.

(8) Pestle/Pound or grind : For some vegetables *Koshimbir*, *Chutney* substance are to pound. If groundnut powder is needed thin then it should be pounded in cannonball by pressing slowly. If it need thick then pound slowly without pressing. While pounding in cannonball every time take few groundnut which will hide the base and pound slowly in a way powder becomes free and similar a like and like semolina. By take more groundnut at a time in cannonball and pounding fastly makes a Pulse of groundnut. If a groundnut powder is kept in a airtight tin then it lasts long and can instantly put in a substance.

If a Chutney of substance like *Javas*, *Karala* and groundnut made by pounding then it becomes more tasty.

Bring the grains thick to make substances like *Bhakri, Thalipeeth, Puri, Chakali* and *ladu*, for *laddu* grind the floor thick.

(9) Fermentation : To make *Idli, Dhokla, Dosa* lentil and rice like substance need be fermented after grinding. Because of it they become light to digest, nutritious and soft. *Dosa* means a *Dhirdi* made by fermenting floor, for prepare *Dosa* a thin floor is needed but for fermentation floor should be thick, because of fermentation process floor becomes loose. For fermentation process it needs normally 12 hours in summer and in winter it needs 24 hours. In winter floor need to be kept in warm place and a big container is need than the volume of floor because after fermentation floor it swells.

(10) Stirring : To remove rawness of substance and to add a taste to it a substance needed to be stirred. To stir a substance a spoon or spatula is used. By stirring well it tastes good and becomes easy/light to digest.

The process done on food substances before cooking are called as preprocessing. In the given below chart preprocessing and the effects on substance are given.

Preprocessing and its effects on food substances

Preprocessing	Food Substance	Preprocessing effect of food substance
1) Washing	Lentils vegetables fruits	Clean and safe to eat.
2) Grating	Carrot, radish, cucumber etc.	Easy to bite.
3) Baking	Lentils and grains for baking floor.	Light to digest and tasty
4) Sprouting	Pulses	Cooked early nutritious
5) Pounding or Grinding	Groundnut, dry coconut	Get mixed and tasty *Chutney* is made
6) Fermenting	Lentil, rice (for *Idli*, and *Dhokla*)	Light to digest nutritious and soft and fluffy
7) Cutting	Vegetables, fruits	Due to small pieces cooked early and easy to bite
8) Stirring	Various vegetables	Taste and aroma brought to food is good easy to digest.

What have we learnt?

* Before Cooking various food substances process done on food is called as Preprocessing.
* Wash food substance before cooking due to which they become safe to eat.
* For making *Koshimbir* and *Halwa*, vegetables and fruits are grated, they become easy to bite.
* While preparing *Dosa, Idli* like food substance, lentil and rice should be fermented after grinding.
* In some vegetables, like wise for preparing *Koshimbir* and Chutney substances need to grinded and pounded. For eg; Groundnut, *Javas*, *Karale* etc.
* In sprouted pulses nutrients /vitamins are in ample quantity.
* Various processes done on food substances and their effects.



(1) Match the pairs.

Process	Processing effects on food substance
(1) Cutting	Remove dust and soil
(2) Fermenting	Tastes good
(3) Stirring	Becomes fluffy and nutritious
(4) Washing	Substance made easy to bite
(5) Grating	Substance get cooked early

(2) Write down the effects made on following food substance of a preprocessing

* Lentil vegetables and fruit washing .....
.....

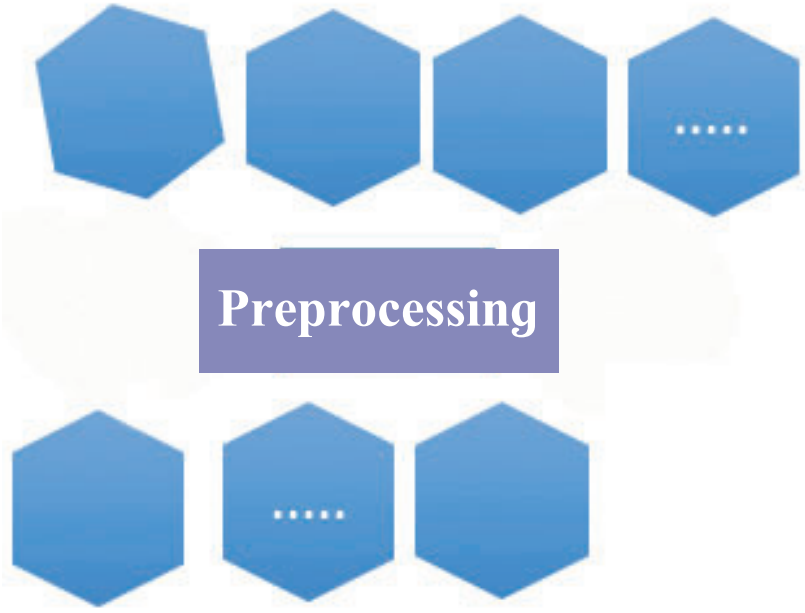
* Grating Carrot, Radish, Cucumber .....
.....

* To bake lentils and grains for making *Bhajani* floor
.....

* Pounding groundnut and dry coconut .....
.....

* Cutting fruits and vegetables .....
.....

(3) Complete the following figure.



(4) Write answer in brief.

(1) Why a bigger pot should be taken while fermenting *Idli, Dosa* flour than soaked flour?

.....

.....

(2) Why while pounding groundnut in cannonball pounded in small quantity?

.....

.....

(3) Why oil should be heated well while frying substance?

.....

.....

(4) Why gas should be kept on low flame while baking *Chapati* or *Paratha*?

.....

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(5) Why lentils and vegetables should be washed before cooking?

.....

.....

1 Practical

Tamarind Chutney

Lets Learn

(1) Ingredients needed for Tamarind Chutney.

(2) The recipe of preparing Tamarind Chutney.

(3) Use of Tamarind Chutney.

(4) Method of preserving Tamarind Chutney for whole year.



Ingredients :

Seedless Tamarind 1/2 bowl, Jagger 1 bowl, seedless Dates 5 pieces, dry ginger powder 1 teaspoon, black salt 1/2 teaspoon, red chilly powder 1/2 teaspoon.

Method :

(1) Boil washed out seedless and silkless tamarind in one bowl of water. Make it cool with hand squeeze water and make a pulp of it.

(2) Cook seedless Dates in some water.

(3) Mix Tamarind pulp and seedless Date grind it in mixer and make pulp of it.

(4) Strain the above made pulp from strainer mix grated Jagger, Cumin powder, dry Ginger powder, black salt and red chilly powder in it.

(5) Heat the above mixture till it becomes thick. After cooling pour it in glass jar.

---

* This Chutney can be used with *Samosa, Wada, Bhel*.
* If 1/4 sodium benzoate is added for one kilogram chutney then it last of a year..

What have we learnt?

* To take out seeds of Dates.
* To grind the mixture in to mixer.
* To strain the pulp from strainer.









(1) Tick ✓ before the correct answer.

(A) Which of the following substance has been used to prepare Tamarind Chutney?

(a) Banana ☐
(b) Cashew ☐
(c) Tamarind ☐
(d) *Kokum* ☐

(B) Which substance is used to preserve Tamarind Chutney for a year?

(a) Ajwain ☐
(b) Salt ☐
(c) Sodium Benzoate ☐
(d) *Dry Ginger* ☐

(2) How would you make a pulp of Tamarind and Date?

.....

.....

.....

(3) What is to be used to strain the pulp of Tamarind and Date?

.....

.....

.....

My Activity

Which food substance you will use Tamarind Chutney to eat with.

1) ..... 2) ..... 3) .....

2 Raw Tomato Chutney

Lets Learn

(1) Ingredients needed to make Tomato Chutney.

(2) The recipe of preparing Tomato Chutney.

(3) Method of making Tomato Chutney attractive and tasty.



Ingredients :

Chopped/cut raw Tomatoes 1/2 bowl, Oil 1 teaspoon, green chilly 3 to 4 pieces, baked sesame 1/4 bowl, cumin 1 teaspoon, coriander leaves 1/2 bowl, salt for taste, sugar 1/2 teaspoon

Method :

(1) In a pan heat oil add cumin and cut pieces of chilly.

(2) After seasoning add to raw Tomato pieces bring a steam for by putting lid on it for 2-3 minutes.

(3) After cooling above mixture add sesame, chopped coriander leaves, salt, sugar and grind thinly in a mixer.

(4) Take out the Chutney in a glass bowl.

---

* To this Chutney if a season of cumin, asafoetida and sesame is given it looks attractive and tastes tasty.
* Instead of Raw Tomato seeds of snakgourd can be used to make a Chutney.

What have we learnt?

* To cut Tomato.
* To make/do seasoning.
* To cook any substance by steaming.
* To grind thinly in a mixer.









(1) Which other substances with Tomato you will use to make a raw Tomato Chutney?

.....

.....

(2) What will you do after making raw Tomato Chutney to look it attractive and more taste?

.....

.....

(3) Tick ✓ before the correct answer.

Instead of Raw Tomato using which of the given below substance a Chutney can be made?

1) Watermelon seeds ☐
2) Snake Gourd seeds ☐
3) Bitter Gourd seeds ☐

(4) Draw a Raw Tomato picture and colour it.

My Activity

Tamarind Chutney



Tomato Chutney



State the similarities and differences between above both Chutnies.

3 Niger Seeds (*Karale*) Chutney

Lets Learn

(1) Ingredients needed for Niger seeds (*Karale)* Chutney.

(2) The recipe of preparing *Karale* Chutney.

(3) Preparing other Chutneys like *Karale* Chutney.



Ingredients :

Karale 1/2 bowl, groundnut 1 big spoon, dry grated coconut 1 big spoon, chilly powder 1 teaspoon, salt 1/2 teaspoon, peeled garlic, cloves 5 (if you likes).

Method :

(1) Bake *Karale* in a pan on slow flame. (If baked on high flame it tastes bitter.)

(2) Afterward bake groundnut then bake dry grated coconut. Add chilly powder, salt, cloves and garlic in it.

(3) Mix all the substance pound it or grind it in a mixer.

(4) Pour the Chutney in glass jar.

---

* Instead of *Karale* sesame seeds or Javas can be used to prepare a Chutney.

What have we learnt?

* Bake substance on low flame.
* To peel Garlic.
* Taking all the ingredients in proper proportion.
* To pound in canon ball or grind in a mixer.
* To pour the prepared substance in a glass jar.











1) Why *Karale* should be baked on low flame?

.....

.....

.....

2) Which was the colour of *Karale*? Tick ✓ before correct option.

(a) Red ☐

(b) Maroon ☐

(c) White ☐

(d) Black ☐

3) Which other substance you will use instead of *Karale* to prepare a Chutney ?

(a) *Shah Jeera* ☐

(b) Sesame ☐

(c) Fennel seeds ☐

(d) *Javas* ☐

My Activity

* Name which ingredients will be needed to make a Chutney of sesame instead of *Karale*.

.....

.....

4 Mint (*Pudina*) Chutney

Lets Learn

(1) Ingredients needed for mint chutney.

(2) The recipe of preparing mint chutney.

(3) Uses of mint (*Pudina*) chutney.



Ingredients :

Leaves of Mint 1 bowl, picked coriander 2 bowls, green chilly 8 to 10, garlic 4, cloves 4, lemon half, ginger 1 small piece, salt as per taste, sugar 1 teaspoon.

Method :

(1) Clean wash Mint and coriander leaves and put in a mixer.

(2) Add green chilly, garlic, cloves, lemon juice, washed and cut ginger piece, salt, sugar. All ingredients grind it and make a thin pest.

(3) This Chutney can be used for *Bhel, Pani puri, Shev Puri*.

If you like wet grated coconut then it can be ate with our meal.

What have we learnt?

* To pick Mint and coriander leaves.
* Grinding all substances in mixer.











(1) Why Mint and Coriander leaves should be washed before grinding?

.....

.....

(2) Which ingredients will you use apart from Mint to prepare Mint (*Pudina*) Chutney?

(1) .....

(2) .....

(3) .....

(4) .....

(5) .....

(6) .....

(7) .....

(3) Tick ✓ before two correct options. With which substance a *pudina* chutney can be ate?

(a) *Bhel* ☐

(b) *Pani Puri* ☐

(c) *Chiwda* ☐

(d) *Shev* ☐

My Activity

Match the pairs.

Chutney	**Colours of Chutney**
(1) *Pudina* Chutney	(a) Black
(2) Tamarind Chutney	(b) Green
(3) Red Tomato Chutney	(c) Maroon
(4) *Karale* Chutney	(d) Red

5 Carrot Koshimbir

Lets Learn

(1) Ingredients needed to prepare Carrot *Koshimbir*.

(2) Method of preparing Carrot *Koshimbir*.

(3) Substances uses to look attractive carrot *koshimbir*.



Ingredients :

Grated Carrot half bowl, groundnut powder 2 big spoon, lemon juice 1 teaspoon, salt as per taste, oil 1 teaspoon, cumin 2 pinch, asafoetida (Hing) 2 pinch, curry leaves 4, green chilly 1 (2-3 pieces by cut), coriander leaves 1/4 bowl.

Method :

(1) Wash cleanly the carrots. First peel the carrot with peeler and then only grate the carrots.

(2) Take out the grated carrot in spreaded pot add groundnut powder, lemon juice, salt, sugar, clean washed and chopped coriander leaves.

(3) In oil give make a season of cumin, Hing, cut chilly pieces and curry leaves.

(4) After seasoning mix the mixture well.

(5) Serve in a glass bowl.

---

* By adding pomegranate seeds in this *Koshimbir* it looks attractive and tastes tasty

What have we learnt?

* To peel out Carrot.

* To grate Carrot.

* To give season.

* To take pomegranate seeds.

* By adding all the ingredients mixing the mixture/stirring.







(1) Tick ✓ before the correct answer.

(A) While making Carrot *Koshimbir*

(a) Grate Carrot ☐

(b) Cut the carrot in to long pieces ☐

(c) Make the round slice of carrot ☐

(B) What will you add to look carrot *Koshimbir* attractive and tasty

(a) Add Pomegranate ☐

(b) Add groundnut ☐

(c) Add peanut ☐

(2) Which ingredients you will add while making seasoning of carrot *Koshimbir*?

(1) .....

(2) .....

(3) .....

(4) .....

My Activity

* Using various vegetables with carrot, prepare colorful *Koshimbir*.

6 Beet root Koshimbir

Lets Learn

(1) Ingredients needed to make *Beet Koshimbir.*

(2) Method of preparing *Beet Koshimbir*.

(3) Preparing *Koshimbir* using other ingredients instead of Beetroot.



Ingredients :

Boiled Beet half (medium size), curd half bowl, salt and sugar as per taste, *Ghee* for seasoning 1 teaspoon, cumin 1/4 teaspoon, green chilly 1 piece (2-3 pieces).

Method :

(1) Clean wash Beetroot and boil it.

(2) After it peel out and grate it.

(3) Beat the curd to make it thin, to make curd thin add 1 spoon of milk in it.

(4) In beaten curd add salt and sugar as per taste.

(5) Give a season of cumin and chilly and add in it curd, grated beat stir with ladle. Serve it in a bowl.

---

* Instead of beat using grated cucumber, steamed grated carrot or steamed *Moong* a *Koshimbir* can be prepared.

What have we learnt?

* To biol Beet, peeling and grating.

* Beating curd.

* Giving season.

* Stirring and serving in a bowl.









(1) Which action you will do before grating beetroot while preparing *Beet Koshimbir* ?

.....

.....

(2) Which substance you will add in curd to make curd thin? Tick ✓ before correct option.

(a) Milk ☐

(b) Water ☐

(c) *Amla* Juice ☐

(d) Tamarind pulp ☐

(3) Which other substance you will use like various vegetables, pulses to make *Koshimbir* similar to *Beet koshimbir*?

(a) .....

(b) .....

(c) .....

My Activity

* Instead of beet root using salted *Bundi* prepare a *Koshimbir* of *Bundi* taste the difference between both the *koshimbir*



Beet Koshimbir



Bundi Koshimbir

7 Fruit Chat

Lets Learn

(1) Ingredients needed to make fruit chat.

(2) The recipe of preparing fruit chat.



Ingredients :

Guava 1 small, Papaya 1 big piece, apple 1 medium, pineapple 2 slices, sweet lemon 2 pieces, cucumber (peeling) 1 small, pomegranate seed 1 big spoon, lemon juice 1 big spoon, sugar 1 bid spoon, salt as per taste, *chat masala* 2 teaspoon.

Method :

(1) Peel out the peels of Guava, Papaya, Apple, Cucumber, Pineapple etc fruit, cut into medium pieces.

(2) Take the fruit pieces in to a bowl.

(3) Add sweet lemon pieces, pomegranate, seeds, lime juice, salt, sugar and *chat masala* and mix with spoon.

(4) After cooling serve in glass bowl.

What have we learnt?

* To peel and cut various types of fruits.
* Mix it well.
* To serve.





(1) Which fruits you will use to make fruit chat?

.....

.....

.....

(2) Which other substance are to be added while preparing fruit chat with fruits?

.....

.....

.....

.....

My Activity

* Draw the picture of fruits you like.

8 Tomato Soup

Lets Learn

(1) Ingredients needed to prepare Tomato soup.

(2) The recipe of preparing Tomato soup.

(3) Use of cream and fried bread in tomato soup.



Ingredients :

Tomato 4 medium size, onion 1 small, ginger 1 small piece, butter 2 teaspoon, *Maida* 1 teaspoon, salt as per taste, sugar 1 teaspoon, black pepper powder 2 pinch, clove 2 pieces, cinnamon 2 small pieces.

Method :

(1) Wash cleanly tomato cut in thinly, chop onion and add grated ginger by peeling it. Mix all the ingredients and cook by adding 1 bowl water.

(2) After cooling the cooked mixture grind it in mixer then strain it from strainer or wired strainer.

(3) In the above mixture add *Maida* paste, salt, black pepper powder, sugar and if you feels it thick add some water and boiled whole mixture on low flame.

(4) In deep bowl take the hot soup and add butter in it then serve it.

---

* In this soup fried bread pieces tastes nice.
* If you add cream in soup it tastes tasty.

What have we learnt?

* To chop onion and tomato.
* To grate ginger to cook vegetable by adding water.
* To strain through strainer.
* To boil mixture.
* By adding *Maida* paste make a substance thick.









(1) Tick ✓ before two correct option.

(A) Which of the following substances you will add while preparing tomato soup?

(a) Onion ☐
(b) Ginger ☐
(c) Apple ☐
(d) Grapes ☐

(B) With which tool you will strain the grinded mixture?

(a) Strainer ☐
(b) Wired strainer ☐
(c) Bowl ☐
(d) Dish ☐

(C) Which process you will do while adding small pieces of bread?

(a) Baking ☐ (b) Frying ☐
(c) Cooking ☐ (d) Steaming ☐

(2) Why a Soup should be served in a deep bowl?

.....

.....

(3) What will you do to taste a soup more tasty ?

.....

.....

My Activity

* Collect the pictures of various types of Soups and stick them, Write name of soups before them.

9 Mix Vegetable Soup

Lets Learn

(1) Ingredients needed to make a mixed vegetable soup.

(2) The recipe of preparing mixed vegetable soup.

(3) The important things to make soup tasty.



Ingredients :

Carrot 1 small, potato 1 small, onion half, tomato 1 big, butter 2 big spoon, salt as per taste, sugar 1 teaspoon, ginger 1 small piece, *Maida* 2 teaspoon, black pepper 2 pinch or according to taste.

Method :

(1) Wash carrot, potato, onion, tomato and cut into medium size.

(2) Heat the butter and saute all the cut vegetables in ti. Add one bowl of water and cook with adding ginger.

(4) Grind all vegetables with water in it in a mixer then strain through wired strainer.

(5) By adding some water make a paste of *Maida.*

(6) Mix *Maida* paste, vegetable pulp strained from wired strainer and salt black pepper powder and boil on low flame and serve it in deep bowl.

---

* In above Soup it tender green peas are added then it taste nice or by adding grated cheese also it tastes good.

What have we learnt?

* To chop vegetables thin.

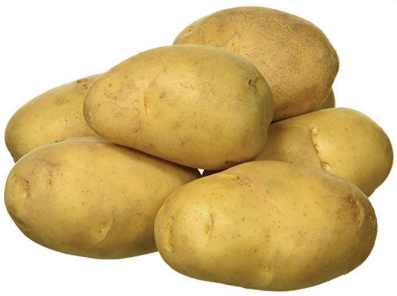
* To saute vegetables on butter.

* To grind cooked vegetables in mixer.

* To strain with strainer.

* To serve soup.











(1) Why vegetables should be washed while making mix vegetable soup ?

.....

.....

(2) Tick ✓ before correct option.
What will you use to fry the chopped vegetables?

(a) Oil ☐
(b) *Ghee* ☐
(c) Curd ☐
(d) Butter ☐

(3) Tick ✓ before correct option.
What is mixed with vegetables pulp?

(a) *Maida* ☐
(b) Semolina ☐
(c) Wheat flour ☐
(d) *Besan* ☐

(4) What is to be added to taste mixed vegetable soup nice?

.....

My Activity

* Write down the names of various fruit vegetable and leafy vegetables.

Fruit Vegetables	**Leafy Vegetables**
(1)	(1) .....
(2)	(2) .....
(3)	(3) .....
(4)	(4) .....
(5)	(5) .....

10 Bhel

Lets Learn

(1) Ingredients needed to prepare *Bhel*.

(2) The recipe of prepare *Bhel*.

(3) Method of preparing *Bhel* nutritious.



Ingredients :

Churmura 1 bowl, *Farsan* 1/4 bowl, onion 1 small, tomato 1 small, chopped coriander leaves 1 teaspoon, green chilly 1-2, tamarind chutney as per your taste (approximately 2 to 3 big spoon), Thin *Shev* 2 teaspoon, salt as per taste.

Method :

(1) Chop thinly the wash out onion and tomato.

(2) Grind the green chilly.

(3) Mixing all the ingredients prepare a *Bhel*.

(4) Add salt as per taste.

(5) By adding thin *Shev* on surface serve *Bhel*.

---

* If in it cooked sprouted pulses (approximately 1/1 bowl) are added then *Bhel* will become nutritious.

What have we learnt?

* Chop out thinly onion and tomato.
* To grind green chilly thinly.
* Mixing all the ingredients well.
* To decorate *Bhel* with *Shev* and Coriander leaves.













(1) Write the names on ingredients needed to prepare *Bhel*.

.....

.....

.....

(2) Tick ✓ before correct option.

Which of the following ingredients should be added while serving?

(a) Noodles ☐

(b) Thin *Shev* ☐

(c) Maggi ☐

(3) Which substance is added by cooking in *Bhel* to make it nutritious?

.....

.....

.....

My Activity

* Prepare *Bhel* using sprouted steamed and *Mataki* instead of *Churmura*.

11 Onion Potato Poha

Lets Learn

(1) Ingredients needed to make Onion potato *Poha.*

(2) The recipe of prepare Onion Potato *Poha.*

(3) Method of serving *Poha.*



Ingredients :

Thick *Poha* 2 bowls, onion 1, green peas 1/4 bowl, boil potato 1, green chilly 2/3, coriander leaves 1/4 bowl, curry leaves 7/8, grated wet coconut 4 spoons, oil 3 spoon, tamarind powder 1/2 teaspoon, sugar 1/2 spoon, lemon and salt as per taste.

Method :

(1) Picking soak *Poha* in a strainer.

(2) Peel out the boiled potato and cut into pieces.

(3) Chop thin onion, cut green chilly in to small pieces.

(4) Heat the oil in a pan, add cumin, mustard seeds, *Hing*, tamarind, chilly and curry leaves.

(5) In season saute onion till it becomes pink in colour. Add green peas and boiled potato piece and saute again.

(6) In sauted mixture add *Poha* then add salt and sugar, saute again.

(7) While serving *Poha* by decorating it with coriander leaves and granted wet coconut, squeeze lime juice on it or give curd.

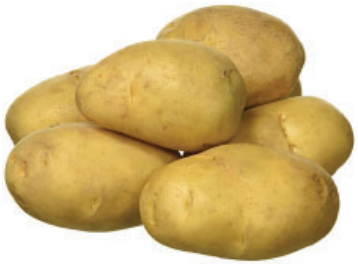
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* *Poha* can be served by adding *Shev*. Instead of green peas you can use thin chopped capsicum or cabbage.

What have we learnt?

* To pick green peas.
* To chop vegetable thin.
* By doing season saute substance.
* Squeezing lime juice on *Poha* for taste.
* Decorating *Poha* by adding coriander leaves and grated wet coconut.







(1) Which ingredients you will use to season a *Poha*?

.....

.....

(2) What is to be added on *Poha* while serving it?

.....

.....

(3) What can be used while preparing *Poha* instead of green peas?

.....

.....

My Activity

* Write the names of various substances be prepared using *Poha.*

.....

.....

.....

.....

12 Masala Puri

Lets Learn

(1) Ingredients needed to prepare *Masala Puri*.

(2) The recipe of preparing *Masala Puri*.

(3) Ingredients needed to make green colour *Puri*.



Ingredients :

Wheat flour 1/2 bowl, *Besan* 1 big spoon, rice flour 2 teaspoon, heated oil $1^{1}/_{2}$ to 2 teaspoon, salt 1/4 spoon, Ajwain, sesame, cumin powder each 1/4 spoon, red chilly powder and tamarind powder 1/4 spoon, oil to fry, tissue paper.

Method :

(1) Mix wheat flour, *Besan*, rice flour.

(2) Add all the above spices and heated oil.

(3) In above mixture add some water and knead a dough thick and put a lid on it and leave it for some time.

(4) Make a roll of kneaded dough and cut in to 6 similar pieces.

(5) Roll above cut pieces in to 6 *Puris*.

(6) Fry the *Puri* into heated oil and after frying take out on tissue paper. After some time serve it in a plate.

---

* By adding coriander leaves, fenugreek or spinach *Puri* becomes green in colour. For this from the above mentioned vegetables wash and cut one vegetable and add in flour before kneading it.

What have we learnt?

* Taking all the flours in right proportion.

* Kneading thick all the ingredients in some water.

* Rolling round *Puri*.

* Frying *Puri*.

* To take out extra oil and put the *Puri* on tissue paper.







(1) Which flours are added while preparing *Masala Puri*?

(1) .....

(2) .....

(3) .....

(2) Why *Puris* are to be taken out in strainer on tissue paper after frying *Puri* ?

.....

.....

(3) Tick ✓ before correct option.

Which colour comes to the *Puri* when coriander leaves, fenugreek or spinach is added in it?

(a) Almond ☐

(b) Green ☐

(c) Maroon ☐

My Activity

* Name the types of *Puri* you know.

eg *Pani Puri*

.....

.....

.....

13 Tomato Omelet

Lets Learn

(1) Ingredients needed to prepare Tomato Omelet.

(2) The recipe of preparing Tomato Omelet.

(3) Ingredients needed to increase nutrients.



Ingredients :

Besan 1/2 bowl, rice flour 1 big spoon, tomato 1 medium, chopped onion 1/2, green chilly 2, ginger small piece, chopped coriander 1 big spoon, Tamarind powder 2 pinch, salt as per taste, oil 1 big spoon.

Method :

(1) Grind chilly, ginger and tomato in a mixer.

(2) In *Besan* and rice flour add salt, tamarind powder, chopped coriander leaves, grinded mixture in mixer, chopped onion and adding 1 spoon of hot oil, mix it well.

(3) Add some water and make a thin batter.

(4) Apply oil on flat *Tawa* and spread the mixture with small bowl or deep ladle on *Tawa.*

(5) Spread tomato and onion thin slices on it and cover it with lid.

(6) After some time take out a lid and turn the omelet with spatula and leave oil by edges. Cook it till it becomes brown then serve it in a dish.

---

* If you add 1 spoon *Ragi/ Nachani* flour then nutritious value of omelet increases.

What have we learnt?

* To grind thin in mixer.

* To soak flour thin.

* To spread flour in consistency on *Tawa.*

* To turn substance with spatula.

* To leave some oil and bake cuddy on both sides.





(1) Which thin slices should be applied on spread Omelet on *Tawa*?

.....

.....

(2) Tick ✓ before correct option. How will you knead a flour of tomato omelet ?

(a) Thinner ☐

(b) Thick ☐

(3) Which flour is added to increase nutritious value of tomato omelet?

Tick ✓ before correct option.

(a) *Jawar* flour ☐

(b) *Ragi* flour ☐

(c) *Bajra* flour ☐

My Activity

* Write names of grains of which flour can be made.

.....

.....

* Write the name of one substance made from each flour.

Eg. *Jawar* Flour

.....

.....

.....

14 Sesame *Til Papadi*

Lets Learn

(1) Ingredients needed to prepare Sesame *Til Papadi.*

(2) The recipe to prepare Sesame *Til Papadi.*

(3) Method of serving Sesame *Til Papadi*.



Ingredients :

Sesame 1/2 bowl, sugar 1/2 bowl, *Ghee* 1 spoon, some *Ghee* to apply on rolling pin and plate.

Method :

(1) Roast sesame.

(2) Heat *Ghee* in *Kadai*.

(3) In it add sugar and let it dissolve, stir in between.

(4) After dissolving sugar add sesame in it and by stiring switch off gas.

(5) In above mixture when it is heat, roll it thin.

(6) Cut the mixture into *Wadi* by knife.

(7) After cooling serve the *Wadi* in dish.

What have we learnt?

* To Roast sesame.
* To stir sesame in sugar syrup (*Paak*).
* Roll out the hot mixture thinly.
* Cut the mixture in to *Wadi*.
* To separate *Wadi* after cooling.











(1) Fill in the blanks.

(1) While making *Til papadi Til* should be .....
(Roast, Fry)

(2) ..... should be heated in *Kadai* to make *Til papadi* .
(Oil, *Ghee*, Butter)

(3) To cut Wadi of *Til papadi* mixture ..... is used.
(Knife, *Wili*)

(4) Roll on ..... rolling pot the ready hot mixture of *Til Papadi*.
(*Ghee*, Butter, Oil)

(5) Which ingredients are used to make *Til Papadi*?
(Sugar, rice flour, corn flour)

My Activity

* Which festival is memorized by *Til Papadi*? .....

* How do you celebrate this festival?

.....

.....

.....

.....

.....

15 Pat Wadi

Lets Learn

(1) Ingredients needed to prepare *Pat Wadi*.

(2) The recipe to prepare *Pat Wadi*.

(3) Method of preparing green colour *Pat Wadi*.



Ingredients :

Besan flour 1 bowl, water 1 bowl, sour butter milk 1/4 bowl, cumin powder 1/4 teaspoon, grinded chilly 1, salt as per taste, coconut, coriander leaves for decoration, oil 1 big spoon for seasoning mustard, Hing, turmeric powder 1/4 spoon, sesame 1/4 teaspoon.

Method :

(1) Mix *Besan* flour, water, butter milk, salt, cumin powder, grinded chilly.

(2) Make a season of mustard seeds, Hing, tamarind and sesame.

(3) Add the above mixture in a season.

(4) Stir the mixture consistently.

(5) After cooking like *Pithle* pat it in plate and prepare a Wadi of it.

(6) Put grated coconut and coriander leaves on top of it. Take out the Wadi in a plate and serve it.

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* If you add thick juice of Spinach and garlic paste then tasty green Wadi can be made.

What have we learnt?

* Preparing mixture of proper quantity taken substance.

* Adding mixture in to a season.

* Cooking the mixture thick.

* Patting the mixture in a plate.

* To prepare Wadi of kneaded mixture.

* Decorating a substance by coconut and coriander leaves.









(1) Which substances you will you use while preparing *Pat Wadi?*

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(2) Write using correct option in bracket.

Pat Wadi mixture *Pithle* like ..... cooked after knead it in a plate. (Soft, Thick, Thin)

.....

(3) Tick ✓ before correct option. What is to be put on top of it *Pat Wadi* while serving it.

(a) Coconut and coriander ☐

(b) *Jawar* flour ☐

(c) Semolina ☐

(4) What is to be used to prepare green colour *Pat Wadi*?

(a) Thick juice of Spinach ☐

(b) Lady finger pieces ☐

(c) Pieces of *Tondali* ☐

My Activity

Til Papadi



Pat Wadi



State the difference in taste in both Wadi.

16 Potato Paratha

Lets Learn

(1) Ingredients needed to prepare Potato *Paratha*.

(2) The recipe to prepare Potato *Paratha*.



Ingredients :

Wheat flour 2 big spoon, oil 1/2 big spoon, salt 1/4 spoon, tamarind powder 2 pinch, boiled potato 2 small, garlic 2, cloves, ginger, lime juice 1 teaspoon, green chilly 1.

Method :

(1) Add oil, salt, turmeric in a wheat flour.

(2) In above flour add water and knead thick dough.

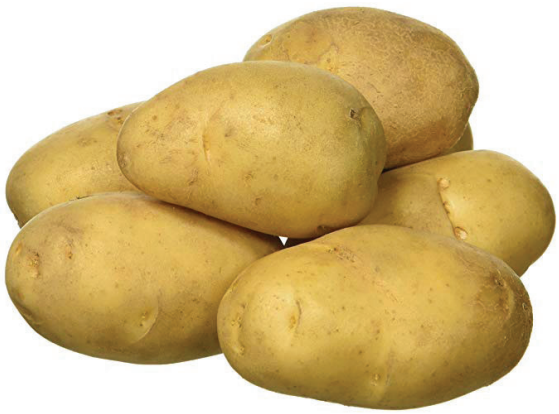
(3) Smash boiled potato, add garlic-ginger-green chilly paste, salt and lime juice

(4) In kneaded dough fill potato mixture (*Saran*) and roll *Paratha.*

(5) By leaving oil by edge bake *Paratha* and serve it in plate.

What have we learnt?

* To peel and smash boiled potato.
* To knead a thick dough for *Paratha.*
* To prepare potato mixture (*Saran*).
* By filling potato mixture (*Saran*) roll *Paratha* in one consistency.
* Baking *Paratha* leaving oil by edges.











(1) Tick ✓ before correct option. Which flour should be used to make potato *Paratha*?

(a) *Ragi flour* ☐

(b) Millet flour ☐

(c) *Besan* flour ☐

(d) Wheat flour ☐

(2) Which mixture (Saran) you will fill in kneaded dough of potato *Paratha*?

Tick ✓ before correct option.

(a) potato mixture (*Saran*) ☐

(b) Jaggery coconut mixture (*Saran*) ☐

(2) Which substance you will add in boiled potato to make *Paratha*?

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My Activity

* State difference and similarity between Potato *Paratha* and *Puranpoli*.

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17 Malai Koffta Curry

Lets Learn

(1) Ingredients needed to prepare *Malai Koffta Curry*.

(2) Ingredients to prepare *Malai Koffta Curry*.

(3) The recipe to prepare *Koffta*

(4) The recipe to prepare *Curry*



Ingredients :

Ingredient for Koffta : Soft Paneer 3/4 bowl, boiled potato 3 medium size, milk powder 2 big spoon or *Khawa* 1 big spoon, cashew and *Bedane* each 5 to 6, *Maida* 3 teaspoon, salt as per taste, *Ghee* to fry.

Ingredient for Curry : Onion 1 medium, tomato 1 medium, garlic 2 to 3 cloves, ginger 1 piece, *Garam masala* 1/4 teaspoon, cashew 4, *Khus Khus* 3 teaspoon (Soak it for 1/2 hour), *Ghee* 2 big spoon, cream 3 big spoon, *Khawa* 1 big spoon.

Method (Koffta) :

(1) Knead boiled potatoes then ass all the ingredients given to prepare *Koffta* and knead it again.

(2) Make lemon size balls and fry on low flame in *ghee*.

Method (Curry)

(1) Chop onion and boil it in water.

(2) Squeeze water in onion, grind thin cashew, soaked *Khus khus*, ginger, garlic in mixer.

(3) Take teaspoon of *Ghee* in *Kadai* and fry cashew.

(4) In left out *Ghee* saute chopped tomato and a mixture grinded for curry. Add half tea spoon *Garam masala* and salt for taste. Add *Khawa* by smashing, when it boils turn off the gas, then add fried *Koffta* at the time of serving.

(5) Decorate with beated ceram and take out in deep bowl and serve it.

What have we learnt?

* To prepare cashew and Khus Khus paste.
* To prepare onion, tomato and ginger paste.
* To fry Koffta in Ghee.
* To prepare Curry.
* Using beated cream for decoration.



(1) Which ingredients you will use to prepare *Koffta* for *Malai Koffta*?

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(2) Which ingredients you will use to prepare Curry for *Malai Koffta*?

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(3) Tick ✓ before correct option.

(A) Which action you have done after cutting onion while making *Koffta* Curry.

(a) Boiled in water ☐

(b) Fried in oil ☐

(c) Dried in sun ☐

(B) In which substance cashew have been while preparing Curry?

(a) *Ghee* ☐

(b) Butter ☐

(c) Cheese ☐

(d) Oil ☐

My Activity

* Write the names of various Curry like *Malai Koffta* Curry.

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18 Fenugreek (*Methi*) Vegetable

Lets Learn

(1) Ingredients needed to prepare Fenugreek (*Methi Bhaji)*.

(2) The recipe to prepare Fenugreek (*Methi Bhaji)*.



Ingredients :

Clean washed, picked and cut *Methi* 2 bowl, soaked *Moong Dal* 3/4 bowl, garlic cloves 8, green chilly 2, salt as per taste, oil 3 teaspoon, mustard, *Hing*, turmeric powder each 3 pinches.

Method :

(1) Grind garlic cloves and green chilly.

(2) Make a sesame of 3 teaspoon.

(3) Add soaked *Moong Dal* in a sesame then immediately add *Methi*.

(4) Bring 1 to 2 steam to Dal and *Methi*.

(5) By adding garlic-chilly paste and salt, bring 1 steam again.

(6) Take out the *Bhaji* in deep bowl.

What have we learnt?

* To pick *Methi Bhaji*.
* To prepare a paste of Garlic and chilly.
* Adding *Moong* Dal and *Bhaji* in sesame.
* To cook *Bhaji* on steam.









(1) Tick ✓ before correct option.
Which soaked lentil (*Dal*) is used to prepare *Methi Bhaji*?

(a) *Udid Dal* ☐

(b) *Moong Dal* ☐

(c) *Masoor Dal* ☐

(2) Which various ingredients were needed to prepare *Methi Bhaji*?

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My Activity

* Collect the leaves of various leafy vegetables and stick them in notebook. Name them.

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19 Jeera Fried Rice

Lets Learn

(1) Ingredients needed to prepare *Jeera* Fried Rice.

(2) The recipe to prepare *Jeera* Fried Rice.

(3) Method of serving *Jeera* Fried Rice.





Ingredients :

Long old rice 1 bowl, cumin 2 teaspoon, *Ghee* 2 teaspoon, salt as per taste, cashew 7 to 8 (fried), hot water 2 bowl.

Method :

(1) Heat the *Ghee* in a vessel, first fry cashew in *Ghee*.

(2) In left out *ghee* add cumin then add washed rice saute for sometime.

(3) Add hot water, salt as per taste. If less quantity of water is used then rice become free.

(4) Prepare fee rice. Take out rice in a deep bowl and spread fried cashew on it. Serve by adding Cashew.

What have we learnt?

* Preparing free rice by cooking it in less water.
* Make a sesame of cumin.
* Fry cashew.











(1) Name the various substances used to prepare *Jeera* Fried Rice?

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(2) Tick ✓ before correct option.

(A) What is to be spread on *Jeera* fried rice?

(a) Fried cashew ☐

(b) Fried Potato ☐

(c) Fried Onion ☐

(B) How should *Jeera* fried rice look like?

(a) Soft cooked ☐

(b) Free, dry ☐

(c) Sweet ☐

My Activity

* Name the various substances to be ate with *Jeera* fried rice.

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20 Pulav

Lets Learn

(1) Ingredients needed to prepare *Pulav*

(2) The recipe to prepare *Pulav*.



Ingredients :

Long grained old rice half bowl, potato 1 small, carrot half (medium), onion 1 small, French beans 5, *ghee* 1 big spoon, clove 1, cardamon 1 piece, *Masala Velchi* 1/2 teaspoon, black pepper 2, *Garam masala* 1/2 teaspoon, salt as per taste.

Method :

(1) Wash cleanly potato, carrot then peel thinly and cut in to pieces.

(2) Taking out the edges (*Shira*) of French bean then cut it.

(3) Wash the rice and left it for 10 minutes to squeeze water.

(4) Cut the onion vertically and saute in *ghee* till it becomes crunchy.

(5) Saute clove cadamon, *masala velchi*, black pepper in some *ghee*.

(6) Saute by adding potato, carrot and French bean.

(7) A saute adding rice then saut again by adding salt and *Garam masala.*

(8) Take water twice of rice to add in rice and then cover with lid.

(9) Turn off the gas when rice get cooked then put a lid on it.

(10) Take out *Pulav* in deep bowl and decorate it with sauted peas, onion and serve it.

What have we learnt?

* Cutting vegetables thin after washing.
* Squeezing rice after washing.
* Making a sesame of *Garam masala.*
* Cooking rice.
* To know the proportion/quantity of rice and water.









(1) Name the various substance used to prepare *Pulav*.

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(2) Tick ✓ before correct option.

(A) How many minutes a rice should be kept to squeeze water after washing rice for baking *Pualv*?

(a) Ten minutes ☐

(b) Five minutes ☐

(c) Half an hour ☐

(B) Which action needed to be done before cutting French beans?

(a) To take out edges (*Shira*) ☐

(b) Bake ☐

(c) Fry ☐

(C) How much water you will add while preparing *Pulav*?

(a) Water twice of rice ☐

(b) Water quadruple of rice ☐

(c) Water equal of rice ☐

My Activity

* Tell the names various types of rice.
* Name the various food substance prepared from rice.

21 Carrot Halwa

Lets Learn

(1) Ingredients needed to Carrot *(Gajar) Halwa.*

(2) The recipe to prepare Carrot *(Gajar) Halwa.*



Ingredients :

Grated carrot 1 bowl, milk 100 milliliter, sugar 1/4 bowl, *Ghee* 1 big teaspoon, *Velchi* powder 3 pinch, *Khawa* 1 big spoon.

Method :

(1) Cleanly wash carrot, peel the carrot then grate it, saute *Khawa.*

(2) Melt the *Ghee* and saute grate carrot in it.

(3) Adding milk and 1/2 bowl water cook grated carrot on low flame.

(4) Cook adding sugar. After dissolving sugar carrot grate become dry then add sauted *Khawa.*

(5) Put the above mixture on gas for 2-3 minutes.

(6) After cooling add *velchi* powder. Take in deep bowl and serve.

What have we learnt?

* To peel out carrot and grate it.
* Saute grated carrot on *Ghee*.
* Cooking substance by adding sugar and milk.
* For taste using *Khawa* in a substance.
* For taste use *Velchi* powder.










(1) Tick ✓ before correct option.

(A) What have you used to saute grated carrot while preparing *Gajar Halwa*?

(a) Melted Ghee ☐

(b) Oil ☐

(c) Cheese ☐

(B) When will you add sauted *Khawa* while preparing *Gajar Halwa*?

(a) After dissolving sugar and till grate become dry ☐

(b) Before dissolving sugar ☐

My Activity

* Lets have experience of preparing Gourd Halwa and share your experience in class.

22 Sheera

Lets Learn

(1) Ingredients needed to *Sheera.*

(2) The recipe to prepare *Sheera.*



Ingredients :

Thin Semolina 1/4 bowl, Ghee1/2 big spoon, sugar 1/4 bowl, milk 1/4 bowl, water 1/4 bowl, *Velchi* powder 1/2 teaspoon.

Method :

(1) Heat the *ghee* and bake in it clean picked, strained thin semolina till it becomes brown.

(2) Boil milk and water together then add it in baked semolina and take one steam.

(3) Adding sugar and cook again.

(4) After dissolving whole sugar turn off gas.

(5) After it get cool add *velchi* powder in it.

(6) Take it in deep bowl and serve it.

What have we learnt?

* Bake cuddlly semolina till it becomes brownish.
* Making a mixture of milk and water.
* Cooking semolina on steam.
* Adding *velchi* powder when it cools.



***Upama* (Spicy *Sheera*)**



(1) Name the ingredients used to prepare *Sheera*.

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.....

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(2) Tick ✓ before correct option.

(A) In which colour you will bake semolina in hot *ghee*?

(a) Black ☐

(b) Maroon ☐

(c) Brown ☐

(d) White ☐

(B) Which powder you will add when *Sheera* get cooled?

(a) Hing Powder ☐

(b) Cumin Powder ☐

(c) Velchi Powder ☐

(d) Black pepper Powder ☐

My Activity

* State the difference between *Upama* and *Sheera*.

.....

.....

* Write down the method of preparing *Upama* (spicy *Sheera*).

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My Favorite Substance

* Decorate your favorite substance and nicely made 2 recipes and take a photograph of it and stick.

Name of Recipe : (1) .....

(2) .....

Stick Picture here

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