



CLASS IX
HOME SCIENCE
CHAPTER 2
UNIT VII

SOME COMMON FOOD STUFFS AND THEIR USES

NOTES

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Food is basic necessity for every living being. Our body requires nutrients in various amounts. The amount of nutrients varies in different foods. By consuming different food products in right proportion, we get proper nutrition and good health. So we need detailed knowledge of various foods and their uses.

Cereals: Cereals are the grasses that are grown for their grains. They have high concentration of carbohydrates and are good sources of dietary fibre, vitamin A, B, C, calcium, phosphorus, amino acids and other nutrients. Some examples of cereals are rice, wheat, maize, millets etc.

Wheat: Wheat is widely cultivated in the world. In India, Punjab is the leading state which grows wheat. Wheat is commonly milled into flour or grinded to obtain whole wheat flour i.e. *atta* and refined flour or *maida*.

Pulses: Pulses are edible seeds of legume family. They are annual crops and harvested as dry grains. Pulses have lower carbohydrates but are rich in other nutrients like proteins, fibre, vitamins, and minerals and also rich in iron. Some examples of pulses are green beans, lentils, chickpeas, red kidney beans, Bengal gram etc.

Milk and milk products: Milk and milk products are healthy foods and considered as nutrient rich food because they serve as a good sources of protein, calcium, vitamin D and other essential nutrients. Milk of various types including whole milk, skim milk, buttermilk, curds/yoghurt, cheese and ice-cream are milk/dairy products. Of all products of milk, yoghurt and cheese are the best sources of calcium.

Meat, fish, poultry and eggs: Meat (beef, pork etc.) poultry (chicken, duck, goose etc.) fish (fish, prawns, crab, lobster, oysters) eggs (duck eggs, chicken eggs) they are important sources of protein, iron, zinc and vitamin B. Eggs are a very valuable source of protein, low cost, easy to prepare and they are specially good for babies and older people.



Roots and tubers: These are characterized by lower water content than leaves. They are carbohydrate rich food. Some examples are potato, sweet potato, onion, yams, radish, carrot etc. The only exception is carrot, which is a fair source of beta carotene, the precursor of vitamin A.

Fruits and vegetables: Fruits and vegetables are classified depending on which part of the plant they come from. A fruit develops from the flower of a plant, while other parts of the plant are categorized as vegetable. Fruits contain seeds while vegetables consist of roots, stem and leaves. Fruits and vegetables contain important vitamins and minerals and plant chemical. They also contain fibre.

Nuts and oil seeds: The consumption of nuts and oil seeds is important for good health. They are rich in protein but their protein is of low biological value and is not absorbed properly. They are rich in fats and hence they have high caloric value but vegetable fats lack vitamin A and D. Examples: almonds, cashew nuts, coconut, ground nuts, sun flower and gingelly seeds etc.

Spices and Condiments: A spice is a seed, fruit, bark or other plant substance. Primarily used for colouring, flavouring or preserving food. Condiments are added to a dish to add or complement its flavour.

Fish: They are very good source of animal protein, minerals and vitamins.

Meat: Meat is one of the animal protein foods used. It has high nutritive value, apart from protein it is a good source of phosphorus, iron and some trace element.

Sugar: Sugar supply energy to our body. Each gram of sugar supplies four calories.

Millets: Millets is a common name applied to edible seeds of members of the grass family. These include *bajra*, *jowar*, maize and *ragi*, the common millets consumed in India. Ragi is cheaper source of calcium than milk or nuts and oilseed. Millets also contribute B complex vitamins thiamine; riboflavin and niacin to our diets. They are high in fibre content.
