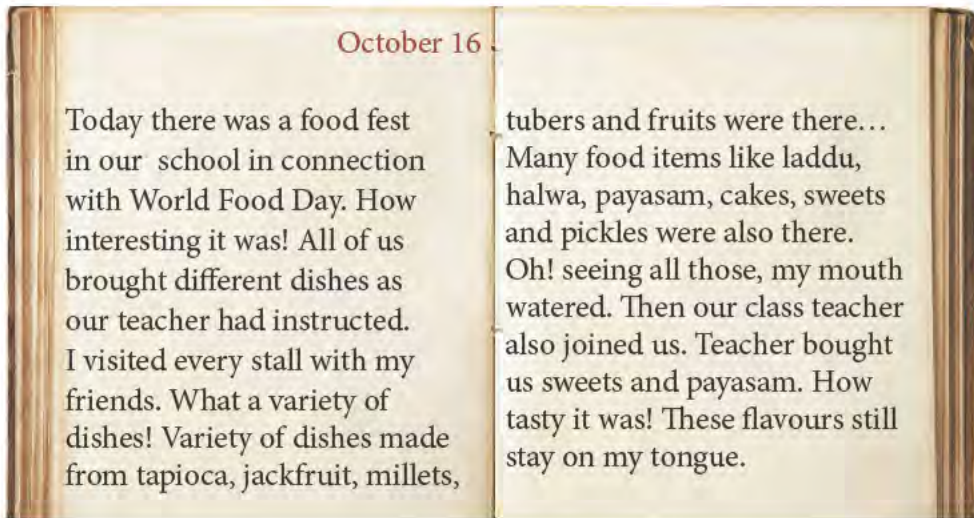


# 2

## Food and Human



Have you read the diary entry of a student named Sibi. What are the food items mentioned in the diary entry?



Besides these, what are the other food items you have had? Prepare a list of them.

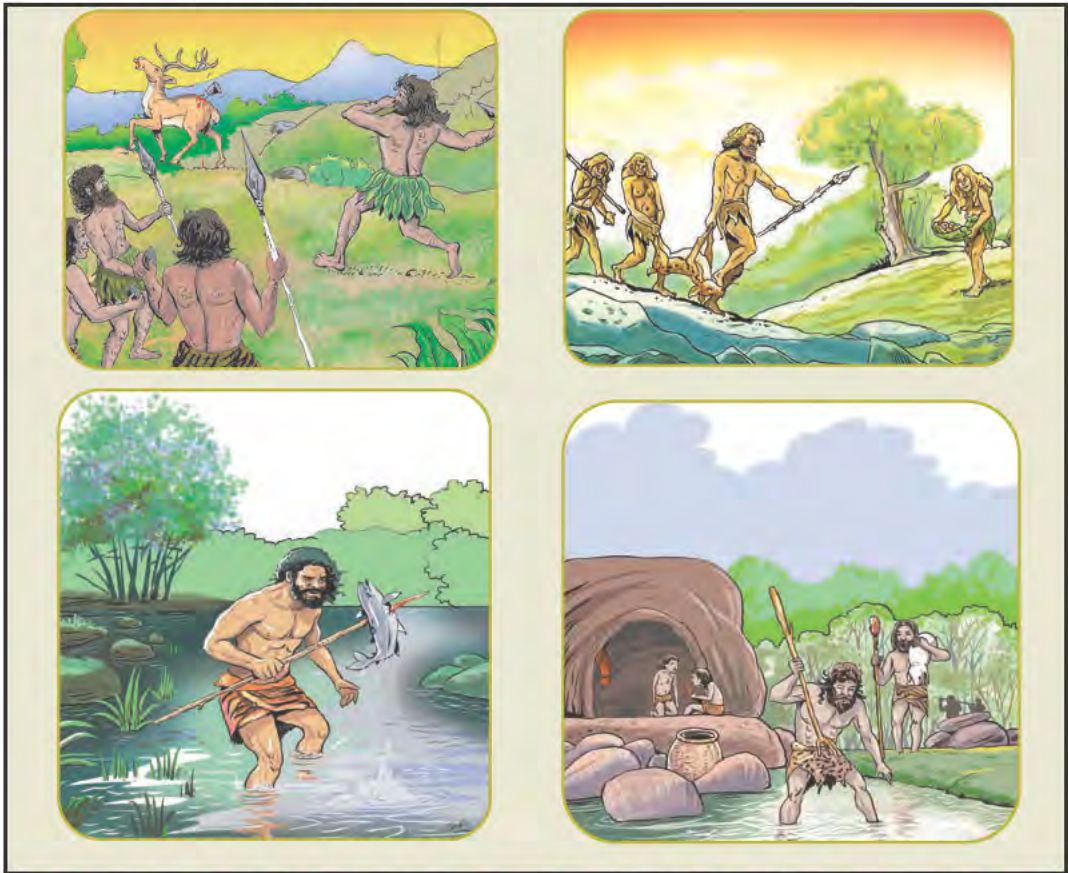
The food we eat has a very long history. Don't you wish to know that history?

### Obtaining Food

You know that food is one of the essential elements for human survival.

All living things need food. Their food during early times was mainly leaves, fruits, tubers and grains. Besides, some creatures killed other creatures and had their food. In the beginning, humans were also like that.

Look at the pictures given.



The pictures given above indicate the different methods of obtaining food by the early humans. What details do you understand from these pictures about the obtaining of food of early humans?

- They gathered food.
- 
- 
- 
- 

What might be the food items they had obtained through hunting and gathering?

- Fruits and vegetables
- Roots and tubers
- 
- 
- 
- 

### Fire and Food

Did the early humans cook the food items they had obtained through hunting and other means?



**Fire: Production and Control**

Humans observed that fire was produced when the dry branches of trees rubbed against each other or against the surface of rocks. Thus, they learned that fire could be made by rubbing dry woods against rocks or by rubbing stones.



In earlier times, they ate food raw, as they did not know the use of fire. But when they learned to use the fire in a controlled manner they started to cook and eat.



Use of fire for cooking is an important landmark in the history of human food pattern. The first cooked food they ate was probably the meat of dead animals in wildfire. After learning how to make and control fire, they began to cook meat and fish. Gradually, they began to roast and eat roots and tubers. That is how humans developed the culture of cooking and eating.



The nomadic man hunted and gathered only the food they needed for the day. Later, they were forced to find some other means to obtain food.



What were the possible conditions that forced early humans find other ways to obtain food?

- Scarcity of food. •
- Rise in population •
- Environmental changes •

**Food Production**

Over a period of time, humans started domesticating animals and plants for their daily food. Initially they domesticated sheep and goats for food.



Dog was the first animal domesticated by humans. Since dogs was easily tamable, they were used for watching and hunting. However with the spread of agriculture, humans started to domesticate other animals for food and other needs.





What were the changes brought about in human life following the domestication of animals and plants? How did they rear plants?

Early humans might have started thinking about agriculture when they noticed seedlings sprouting from discarded food items. If the seeds were left on the rock, they would dry out. If put in water, they would get rotten. However, humans learned that seeds germinate in moist and warm soil. Thus, cultivation of crops started. Then the edible plants, roots and saplings were selected, planted and cultivated. In the early days wheat, barley, little millet and tubers were cultivated. Humans started agriculture mainly on river banks where the essential water and fertile soil were available. Following this, people who wandered in search of food began to settle near the farms.

What advantages might they have had by settling near the agricultural sites?

- They could protect the agricultural sites.
- There was no need to wander around in search of food
- Availability of food items increased
- Got more time to rest.
- 



How might river banks have helped early humans to settle? Discuss.

## Storage of Food Items

Early humans gathered their food only for their day to day life. But with the advancement of agriculture, humans got more food than they needed. Special facilities were needed to store what was left over after the daily requirement. What would they have used to store excess food?

- Pottery
- Bags made of animal skin
- Baskets made of bamboo reed

### Early Agricultural Tools



The earliest agricultural tools used by humans were sticks, stones, horns and bones. These tools were used to till the soil and sow the seeds.



As we know, mud brick dissolves in water. But humans understood that if soil is kneaded, moulded and baked into pots, water can be collected and boiled in them. In earlier days pottery was made by kneading clay with hand. As agriculture became widespread, earthenware of various types and sizes were needed to store grains. They were also used for cooking food. The discovery of the wheel to make pottery was a major turning point in human history. This led to the spread of pottery. There is evidence of granaries constructed in early times to store food grains.



### Granary

The Indus Valley Civilization or Harappan Civilization was a river valley civilization that existed in Ancient India. One of the most important features of this civilization is the granary. They were built of bricks. Grains were brought from distant villages and stored in these granaries.



Big jars named *bharani* and large wooden bins named *pathayam* were used in our places to store grains. What other food storage methods might have been adopted the people of that age. Ask your elders about them.

What kind of vessels are used in your home for cooking and storing food?



## Exchange of Food Items

Did early humans simply store excess food items for later use only?

The excess food was not only stored for later use but also exchanged with those in need.

How could such exchanges have taken place?

In order to get what they needed, each one exchanged the goods they had stored, with others.

### Exchange of Food Items in South India



Literary works of the Sangam Age indicate that exchange of food items existed in South India about 1500 years ago. People in each region exchanged the food they collected with those in other regions and received what they needed from them. Those who lived in coastal areas exchanged dried fish and salt with those in other areas. Instead, other food items and resources from the forest were accepted from others. The people in forest areas exchanged forest resources to those in other areas. The people lived in the plains exchanged their agricultural products with those living in other areas.



### System of Exchange

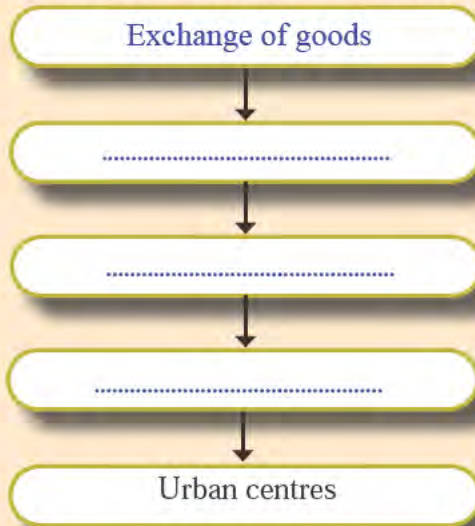
Before the introduction the system of coinage, there was a practice of exchanging goods with each other. This method of exchange is known as 'Barter System'.

Such exchanges brought out many changes in society. Exchange of goods led to trade and eventually markets were formed. Markets were developed into trading centres. People went to trading centres to buy and sell goods and these gradually developed into urban centres.

In the early days, what materials and means would the people of Kerala have used to collect, transport food and exchange food? Discuss it.



Complete the flow chart which indicates the formation of urban centres.







Discuss and prepare a collage on the topic 'Exchange of goods and formation of urban centres' and exhibit in the classroom.

## Exchange of Food Items Across Lands

The exchange of food items was not confined to any particular region. This exchange spread across the lands.

Since early times, we had exchange of goods with distant lands. These exchanges were mainly with the Romans, the Chinese, the Arabs, the Persians and the Jews.



Identify the spices in the picture and write a short note on them.



The spices that were exchanged mainly from India with other lands were black pepper, cardamom, ginger, cloves and cinnamon. Of these, black pepper which was also known as 'Black Gold' became the foreigners' favourite.

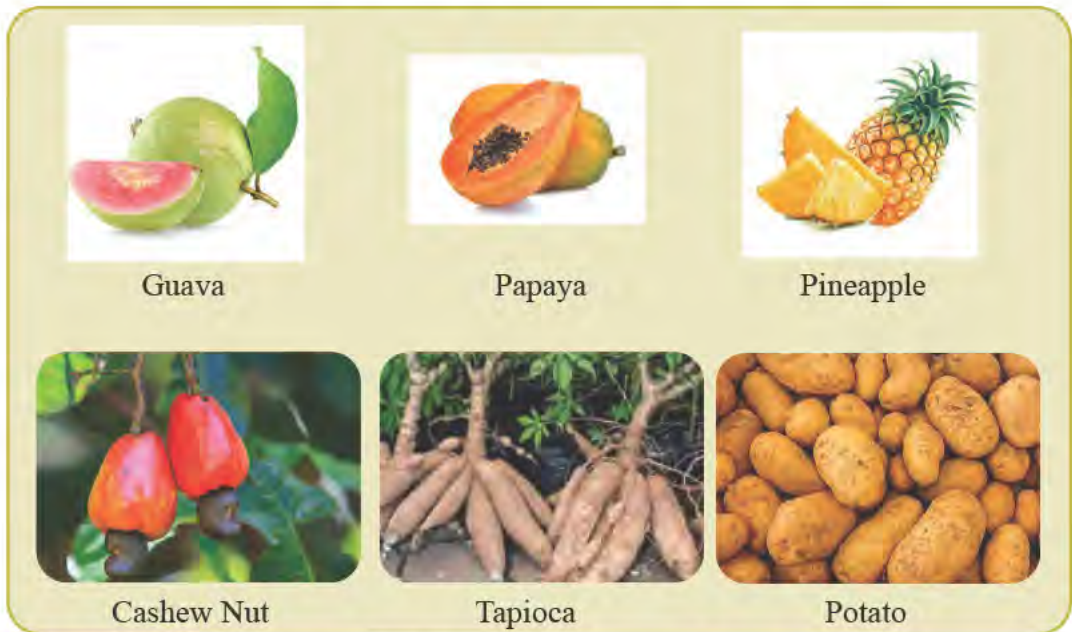
It is said in historical records that Vasco da Gama, a Portuguese traveller who came to India, took goods worth sixty times the cost of his journey when he returned to Europe.

Vasco da Gama






Find out the spices that are cultivated in your region.

It was the expansion of trade that led to the exchange of food items between distant lands. The pictures of some of the food items that became popular in India as a result of such exchanges are given below.



Aren't you familiar with all the food items shown in the picture? Do these food items have their origin in our land? Findout.

 Let's make Identity Card.

<ul style="list-style-type: none"> <li>• <b>Guava</b></li> <li>• Birth Place: Mexico</li> <li>• 'Apple of Tropics'</li> <li>• Brought to India by the Portuguese</li> <li>• Contains Vitamin A, B and C</li> </ul> 	 <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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Like this, find the birthplace of other food items and make identity cards. Display the prepared identity cards in the classroom.

Exchange of food items is going on. In addition to trade, people travel to different parts of the world for employment, education, leisure, etc., making this exchange more widespread.





How did the expansion of trade lead to the exchange of food items between distant lands?



You have seen that many fruits and other food items that we eat have been brought here from other countries. Make a list of the food dishes that have spread among us from other countries. Find out their place of origin.

## Food and Inequality

There were various types of inequalities in our country, related to food. Social inequalities prevented people of all classes from dining together. Under the leadership of social reformer Sahodaran Ayyappan an inter dining initiative named *Misrabhojanam* was held at Cherai in Ernakulam, against this discrimination.



### *Misrabhojanam*

On 29<sup>th</sup> May 1917, under the leadership of Sahodaran Ayyappan, an inter dining named *Misrabhojanam* was organised at Cherai in Ernakulam district. This protest was held against the denial of the rights of all sections of the people to dine together. Sahodaran Ayyappan had to face strong opposition as he had led the *Misrabhojanam*. This reveals the social inequality that existed in Kerala. Caste system was the cause of this inequality.



*Sahodaran Ayyappan*

Do caste discriminations related to food still exist in our country?

Such discriminations are prohibited in our country by law.

Not only social but economic discrimination also pose a challenge to equality in food distribution.



Make a note on the topic 'Inequalities in Food'.

## Glimpses of Starvation

Observe these news headlines.



What are the pieces of information you get from these news headlines?

- Starvation still exists in many parts of the world.
- 
- 
- 

The food that is necessary to maintain health is the right of every human being. But there are thousands in many parts of the world without even a single meal to sustain life. Climate changes, war, unemployment etc. cause poverty and starvation.

### Famine in Bengal



People waiting for food in the famine hit area of Bengal

Excessive economic exploitation during the British period in India led to famine and consequently many people died.



Bengal famine in 1943 is a typical example for this. Agriculture was the main livelihood of the people of Bengal. Paddy fields were extensively destroyed as a result of the heavy storm on the Bengal coast. Subsequently, there occurred a food crisis in Bengal. About 30 lakh people died of starvation during this famine.



Another reason for starvation is the inequality in the distribution of wealth. Wealth is not distributed equally to all. So, while some people eat their fill, others starve.

With a view to strengthening the efforts against poverty and starvation and ensuring food for all, World Food Day is observed on 16<sup>th</sup> October every year. Kerala is a model state for implementing various schemes for poverty alleviation. Kudumbashree Mission, a project launched by the Government of Kerala for poverty alleviation is an example for this.

### National Food Security Act 2013



The National Food Security Act came into force in India in 2013. The objective of this act is to 'ensure food security for all'. A strong Public Distribution System exists in our country with this object.



Organise a Food Day Rally in the school by making placards with the Food Day message.



*Share food with others...  
Don't waste food...*



What can each of us do to create a world without starvation? Discuss.

### Food and Health

As we know, food is one of the basic needs that sustain human life. Food has an important role in maintaining health. We can maintain our physical and mental health by taking nutritious food. But, unhealthy food habits lead to many lifestyle diseases.

### International Year of Millets 2023



2023 has been selected as the International Year of Millets by the United Nations. The main objective of the International Year of Millets is 'to promote the production and consumption of millets'. Millets are grassy crops from which cereals are produced. Millets include Jowar, Ragi, Kodo Millet, Foxtail Millet etc. Millets can control cardiac issues and other lifestyle diseases. So nutritious millets should be included in our daily diet.



Ragi (Finger Millet)



Jowar (Sorghum)



Barley



Kodo Millet



Pearl Millet



Foxtail Millet



Prepare a note on the topic 'Unhealthy Food Habits and Lifestyle Diseases'.

Access to food is a legal right of every citizen. We should use the food we get judiciously. Wasting food is the cruelty we do to those who don't even get a single meal. Therefore, everyone should realise that the food we waste belongs to others as well.





## Extended Activities

1. Do you think the elders in your home would have eaten in their childhood the same food that you eat now? Shall we conduct an enquiry? Ask the elders and record the details in your notebook. Prepare a manuscript magazine on the topic 'Changes in Diet Habits' with pictures based on the details collected.
2. How do human made and other disasters such as war, drought and flood become threats to food security of the world? Organise a photo exhibition.
3. Organise an exhibition in school by collecting pictures of storage facilities and kitchen utensils used in the past.
4. Collect millets, stick them on a chart with short descriptions and display in your classroom. Organise a food festival along with that in your school.
5. Make a note of the food items in the kitchen garden of your school.
6. Sketch pictures of hotels and markets where food items are available in your area and display them in your class.
7. Conduct interviews with health personnel on the topic ' Healthy Food Habits'.