

Variety in Food

Chapter 6: Variety in Food · Topic 1

Key Concept

Food varies across India based on regional climate and available crops, like rice being common in the south and wheat in the north.

Different festivals and occasions often have special traditional foods associated with them, celebrating culture and heritage.

Variety in food also comes from different cooking methods, spices, and ingredients used in different parts of the country.

Appreciating food variety helps us understand and respect different cultures and traditions across our diverse country.

Quick Revision Notes

- Food varies by regional climate, crops.
- Rice common in south; wheat in north.
- Festivals have special traditional foods.
- This celebrates culture and heritage.
- Variety also comes from cooking methods.
- Spices and ingredients differ by region.
- This reflects India's diversity.
- Appreciating variety respects different cultures.

Practice Questions

- 1 Discuss a traditional food from your region.
- 2 Research a festival food from another Indian state.
- 3 Compare a north Indian and south Indian dish.
- 4 Discuss why rice is common in some regions.
- 5 Draw your favourite traditional dish.
- 6 Discuss how spices vary across India.