

Group	Subject	Topic
G3: Class 6, 7 & 8	Science	Components of Food



Values	
1. Unity and Diversity	7. Service
2. Respect for food	8. Contentment
3. Respect for nature	9. Integrity
4. Helpful nature	10. Healthy food
5. Harmony	11. Helpfulness
6. Acceptance	12. Gratitude

1. Unity & Diversity

The food that we eat has different components like carbohydrates, proteins, minerals, fats etc. which are totally different from each other but still together they keep our body and mind healthy. All the ingredients work together with a common purpose to build our body strong and mind healthy to make us healthy human beings.

2. Respect for food:

The food that is on our plate has so many ingredients like carbohydrates, proteins, minerals, fats etc. We just eat them and won't even realise how they break up and provide nutrition to our body and mind development. But it helps us to perform very efficiently physically and mentally. So we should respect the food that is on our plate.

3. Respect for nature

We see that nature grows seasonal vegetables like watermelon in summer, peanuts in winter etc which are very useful and suitable foods for human beings. Nature has planned its yield so well, to take care of the health of

human beings. So, Bharateeyas not only respected nature but also saw divinity in nature. We worship trees and use seasonal fruits and vegetables which fall in that season and place.

4. Helpful nature

Even though every component has its own contribution towards the release of energy to the body, in absence of one component, the other component provides the energy that is required by the body. Hence, the body functions normally. For example, if carbohydrates are lacking in the body, then the stored fat in the body releases energy. So, mutually these components help each other in turn to help the human body.

5. Harmony

All the nutrients work together for the health and betterment of the body harmoniously in spite of different chemical compositions.

6. Acceptance

All the nutrients are accepted and tried to be digested by our body, breaking them up into small nutrients and supplied to different parts of the body. When we eat a tasty dish, we won't even think about how difficult it may be for the dish to get digested.

7. Service

Water dissolves all the ingredients in it and distributes the nutrients to all the parts of the body. If not for water these nutrients will not reach the whole body uniformly. This is the great service really done by the water, which we can learn and adopt in our lives.

Roughage or fibres are one of the ingredients of our food, which by themselves are not very attractive or tasty, but they enter the body along with the other food materials and helps to clean the body and push the wastage from the body. If not for the roughage the body will become toxic. So, this is the humble service done by roughage to the body.

8. Contentment:

Though we can eat the food of our choice depending upon its taste and flavour we have to control our mind and limit ourselves to eat Satvic food as far as possible because a portion of the food becomes our mind. To do this, we need to adopt a value called contentment.

9. Integrity:

Just like the 'Balance Diet' has ingredients in a balanced way and keeps up the healthy body, we should have all the principles adopted in our lives in a balanced way like honesty, truth, cleanliness, aparigraha etc. This will build a healthy mind and integrity in us.

10. Healthy food:

Just like eating stale food is harmful to our body, similarly, being associated with a bad company is harmful for our wellbeing. So, we should eat healthy food.

11. Helpfulness:

Good gut bacteria play an important role in human health, by supplying essential nutrients and helping in digestion. Similarly, we should be helpful to others in society.

12. Gratitude:

We have to be grateful to sunlight, air, water, soil, rain etc., because of these we get our food and withstand our lives. So, we have to show gratitude towards nature.