

# Foods of India

Each group of 4-5 students should do the following:

- (1) List all the states of India the students in your group have been to. If the list is very small, also include the states that your family members have been to.

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- (2) Get help from friends and family to answer the following questions:

a) In which parts of India do people seldom eat rice?

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b) In which parts of India do people seldom eat roti?

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c) Which place is famous for idli and sambar?

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d) In which place do people often start their meal with sweet items?

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e) In which places is fish an important part of the diet?

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f) In which parts of India do people usually **not** add coconut to vegetables?

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g) Which are some spices that are used more in the south than in the north?

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- (3) Ask a family member to help you prepare a food item from a different state. Bring it to class and share with your friends. Taste the different kinds of preparations that your friends have brought.

The name of the food item we made: \_\_\_\_\_

How we made it: \_\_\_\_\_

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