



Name _____ Roll.No _____





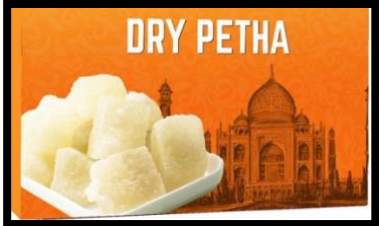
Topic : Food Express From Uttar Pradesh to Arunachal





Dear student,

Let's know about the paired state of Uttar Pradesh and Arunachal Pradesh.

Who doesn't love to eat tasty food every day? But while enjoying the tasty food, people forget the quality of their meals. Different foods contain various types of healthy and unhealthy fats, so you need to choose the food options that are good for your body. Now we will learn about different food items of Uttar Pradesh & Arunachal Pradesh.

Uttar Pradesh		
Sr. No	Pictures	Details
1.	 <p>The Dum Gosht and Nihari (Source)</p> <p>Dum biryani, dumGosht and Nihari,</p>	<p>1.Dum biryani, dum Gosht and Nihari, which is slow-cooked meat,lamb or cut of beef overnight and sealed in large pots.</p> <p>2.It is famous in Lucknow.</p>
2.	 <p>Gujiya</p>	<p>1.This delicacy is made using either suji (semolina) or maida (all-purpose flour), which is stuffed with a mixture of sweetened khoa (milk solids, also called mawa) and dried fruits.</p> <p>2.The dumpling is then fried in ghee to give it a crispy texture.</p>

<p>3.</p>	 <p>Aloo Tikki Chaat</p>	<p>1.Aloo Tikki Chaat is a delicious Indian street food of crisp potato tikki loaded with curd, chutney,peas,coriander,sev.</p>
<p>4.</p>	 <p>Raj Kachori</p>	<p>1.Raj Kachori - popular Indian chaat which crispy fried shells (kachori) filled with potatoes, boiled moong dal, yogurts, spices, chutneys and topped with various garnishes.</p>
<p>5.</p>	 <p>Pani puri</p>	<p>Panipuri, (gupchup, golgappa, or pani ke patashe is a type of snack originating in the Indian subcontinent, where it is an extremely common street food.</p>
<p>6.</p>	 <p>Paan</p>	<p>Paan has been a part of Indian tradition and hospitality for centuries. Paan is known to aid digestion and also acts as a mouth freshener. Many people offer it to their guests after meals.</p>
<p>7.</p>	 <p>Petha</p>	<p>Petha is known to be made from ash gourd vegetable, also known as winter melon or white pumpkin. Petha is of rectangular or cylindrical shape and loved by kids and adults alike. It is traditional dish of Agra.</p>

Sr.No	Pictures	Details
1.	 <p>Rice</p>	<ol style="list-style-type: none"> 1. Rice is a staple food in Arunachal Pradesh ,other food is just a side dish. 2. In Arunachal Pradesh people prefer to cook their rice in the hollow bamboo over some hot coal to give it a different flavour.
2.	 <p>Thukpa</p>	<ol style="list-style-type: none"> 1. Thukpa dish also famous in Arunachal Pradesh. 2.This dish prepare with noodles, vegetables, stock, and meats.
3.	 <p>Momos</p>	<ol style="list-style-type: none"> 1. The stuffed dumplings known as momos are also famous in Arunachal Pradesh. 2. Memos are usually filled with various vegetables like cabbage, potato, carrot and etc.
4.	 <p>Bamboo Shoot curry with Rice</p>	<ol style="list-style-type: none"> 1. One of the most widely eaten food in Arunachal Pradesh is the bamboo shoot dishes. 2. It prepared by boiled vegetables, pickles, chutneys, fish, meat, etc. and also cooked on low flame.

ESTD. 2016
5.



Chura Sabji

1. It is a kind of a curry made of fermented cheese made by either yak milk or cow's milk .
2. In this dish they put some flakes and a few pieces of the King chilly which makes it spicy but delicious.

6.



Wungwut Ngam

1. Wungwut Ngam is a delicious chicken dish of Arunachal Pradesh .
2. it is prepared with rice powder and chicken pieces .

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QA. Answer the Following questions.

Q.1 Count and write the number of healthy and unhealthy food items of Uttar Pradesh & Arunachal Pradesh in the given boxes.



Uttar Pradesh		Arunachal Pradesh	
Healthy	Unhealthy	Healthy	Unhealthy

Q.2 Read the details carefully given in handout and complete the sentences.

- The dumpling for Gujia is then fried in _____ to give it a crispy texture. (ghee/oil)
- _____ is a kind of a curry made of fermented cheese made by either yak milk or cow's milk. (Chura Sabji/ Pav bhaji)



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Q.3 Circle the correct taste of following food items.

- | | | |
|---------------|----------|--------------|
| 1. Panipuri | a. sweet | b. tangy |
| 2. Petha | a. salty | b. sweet |
| 3. Momos | a. tasty | b. tasteless |
| 4. Salt | a. salty | b. sour |
| 5. Plain rice | a. sweet | b. spicy |
| 6. Chilli | a. salty | b. spicy |

Q.4 Make your favourite drink like Lemonade, Jaljira, Mango Shake or Banana Shake with your parents help.

Write the name of your drink and the ingredients.



Name of the drink /shake: _____



Ingredients: _____


Q.5 Read the following sentences and circle the common nouns and underline the proper nouns with yellow and blue colour respectively



1. Manya likes to eat panipuri at the beach.
2. John is going to Agra to see the Taj Mahal & he will bring Petha for all.
3. I like to eat momos during the rainy seasons.
4. Wungwut Ngam is a delicious chicken dish of Arunachal Pradesh.
5. My mother always prepares Gujiya for us on the occasion of Holi festival.



Q6. Count and add the following food items.


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 +
 
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प्र.7. अपने दैनिक जीवन में इस्तेमाल होने वाली वस्तुओं के नाम लिखें जिसमें आ,इ या ई की मात्रा का प्रयोग होता है!

आ (T)	इ (f)	ई (e)

Q8. Unscramble the letters and make the correct fruit name. Also write the correct number in the circle next to the fruit

				
	<ol style="list-style-type: none"> 1. rehcyr _____ 2. pinpelpae _____ 3. wrsybarter _____ 4. wiki _____ 5. naanab _____ 6. mulp _____ 7. orameetnlw _____ 8. prae _____ 9. lpape _____ 10. melno _____ 11. sragep _____ 12. eerrublyb _____ 13. eaorgn _____ 14. pcaeh _____ 15. ptrafriquer _____ 16. nagom _____ 			
				
				
				

Revise the syllabus done so far.

Happy Learning!