

Dal Delight

Subhadra Sengupta

Warm-up

In Indian cooking, split pulses and lentils are called dal. A dish made with whole or split pulses is also called dal. Although, we eat dal frequently, many of us cannot identify one pulse from another.

Try to match the pulse to its name. Your teacher will help you.

A



1. black gram (*urad*)

B



2. green gram (*moong*)

C



3. brown lentils (*masoor*)

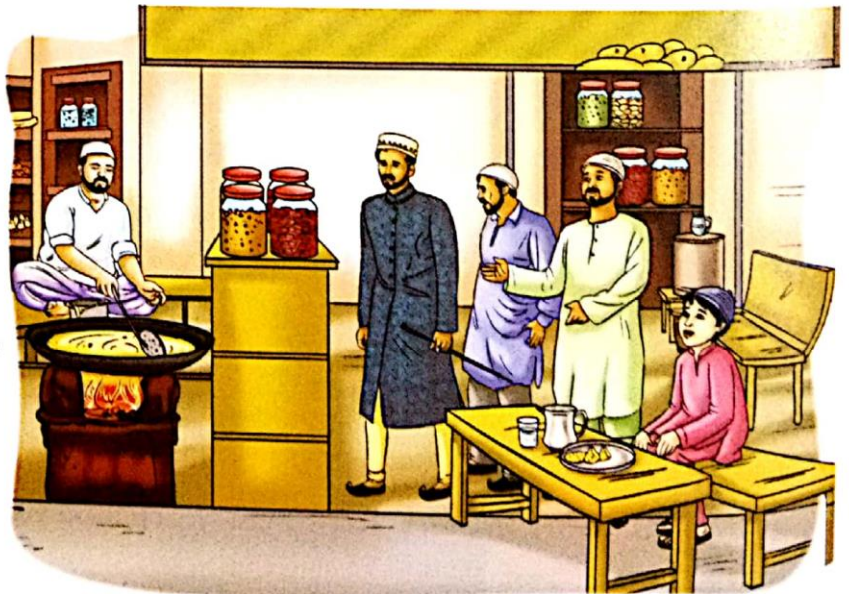
Now read this story about some delicious dal.

Sadiq was sitting in his father's food stall, in a small street in Lucknow, when he saw a man in a silk **achkan** get off a horse, at their door. Two helpers followed the man.

"Looks rich. Is he coming here?" Sadiq wondered.

Sadiq's father Mohammad Qadir looked up from the **fritters** he was frying, as one of the helpers came up and announced, "Nawab Hasan Ali has arrived."

The man entered and looked around their small shop. "I hear you are a famous cook, Mohammad Qadir," he said in a bored voice. "I like tasting new dishes. What do you make best?"



"Dal," said Sadiq's father and went on with what he was doing.

"Dal? Just dal?" the Nawab asked, surprised.

"I can make biryani and korma and all the usual dishes, but you asked me what I make best," Qadir said calmly.

"But dal! That doesn't sound very exciting. My friends were praising your cooking so much, I expected some new **extraordinary** dish."

"But you haven't tasted the dal I make."

"Fine, I'll taste it. What kind of dal do you make?"

"Urad."

"Give me some. Let's see what's so special about it."

"I haven't got any ready now."

"What!" the Nawab said angrily.

"I make my **dal shahi urad** only on order," Qadir said. "I use a special masala. It takes a day to make. If your honour wishes, I'll prepare it for tomorrow's lunch."

Nawab Hasan Ali agreed **reluctantly**. "I live nearby. You can bring it to my house tomorrow."

"I'm sorry, sir, that's not possible," said Qadir.

Sadiq **sighed** to himself.

His father was being difficult as usual. People came from far and wide to eat in his stall, but he lost a lot of customers because he was such a fussy cook.

And this nawab looked rich.

Nawab Hasan Ali had never met such a rude cook but he was also amused.

"What's the problem now, Qadir?"

"**Huzoor**, to enjoy my dal you will have to come to my shop. It has to be eaten immediately. So, your honour, once I call, you will have to come at once."

"Really? What if I'm late?"

"I'll throw the dal away or give it to the poor," Qadir replied.

Nawab Hasan Ali shook his head. This Qadir was like no cook he had met.

"Ah well," he thought, "let's taste his dal, maybe it will be worth the trouble."

"Call me tomorrow when you're ready," he said and left the stall.

Sadiq sighed with relief. He had been worried that the Nawab would lose his temper and leave. Sadiq knew that nawabs often gave generous rewards to cooks if they liked a dish. His father had nearly spoilt everything. It was lucky that the Nawab had been in a good mood and agreed to all Qadir's conditions.

In the evening, Sadiq went with his father to the market to buy the **ingredients** for the dal shahi urad. Only the best would do, of course.

All of it had to be fresh and perfect.

Sadiq heard in the market that Nawab Hasan Ali had rewarded many cooks in the past. On the way

achkan

a knee-length coat

fritters

pieces of vegetable or meat covered with batter and then fried

extraordinary

(here) very special

dal shahi urad

a dish made with cooked urad, spices and fresh cream

reluctantly

unwillingly

sighed

breathed out slowly and noisily (here) because he was anxious

Huzoor

Urdu word used to show respect, meaning 'My Lord'

ingredients

substances that are combined to make a dish



home, he dreamt of the reward his father could get. He knew that his father's dal shahi urad was as good as any dish any cook could prepare.

Early next morning, Sadiq set to work with his father. He had a quick taste of the dal when his father wasn't looking. It tasted utterly delicious. It was the secret masala that made all the difference.

When everything was ready—the dal bubbling gently, balls of dough moist and ready to be slapped into rotis, the **raita** cooling in an **earthen** bowl—Qadir turned to his son. "Go call the Nawab, son. I'm ready to serve lunch."

Sadiq ran all the way to Nawab Hasan Ali's palace. He reached the house panting.

"I've come to call Nawabsaab for lunch. The dal is ready," he said to the helper.



"Go up to the roof. Nawabsaab is flying kites there." Sadiq **tore up the stairs** to the roof. The Nawab and his friends were completely **engrossed** in flying kites. Sadiq went up to Hasan Ali and said **timidly**,

"Nawabsaab, the dal is ready. My father is calling you."

Hasan Ali looked down at Sadiq. "Who?" Then he seemed to remember, "Ah, yes, the dal."

One of his friends laughed. "Forget the dal, Hasan. Your kite is in danger. The green kite is about to cut it."

Hasan Ali hurriedly pulled at his kite. "Just you wait, green kite! I'll get you!" he shouted.

"Nawabsaab..." Sadiq interrupted, worried about his father's temper. "The food is waiting."

"Yes, yes," Hasan Ali said, irritated. "Tell your father to wait. Can't you see my kite is in danger?"

"Run along, boy," one of his friends said impatiently. "Can't you see Nawabsaab is busy?"

"But the dal..." Sadiq gave up and sadly walked away. All his dreams were fading away. He knew what would happen. He knew his father's temper. The moment Qadir heard that the Nawab preferred to fly kites to tasting his dal, he would fly into a rage and give the dal away. They could forget about any reward. Sadiq felt like crying.

On reaching home he looked up. The Nawab's kite was flying overhead. And his friend Aman was flying a kite from his rooftop across the lane.

Suddenly, a wonderful idea struck Sadiq. He ran to Aman's rooftop.

"Aman, do me a favour! See that blue-and-silver kite? Cut it. Fast!"

"Sure. No problem," said Aman, **grinning**. He was a champion kite flier. He made a special kite string with a layer of ground glass that could cut through anything.



Sadiq raced back to the Nawab's house. He ran up the stairs and reached the roof just as Aman had positioned his kite directly above the Nawab's. Aman gave a sharp tug, "Oh no!" Hasan Ali **groaned in dismay** as his kite was cut and **wafted** down towards the ground.

"Huzoor..." Sadiq said, "the food is waiting. The dal is delicious."

"Oh yes, yes." The Nawab suddenly remembered the special dal.

"Now the kite's gone, let's go and eat."

Sadiq raced ahead, his heart **thumping** nervously. "Don't let Father lose his temper. Please, don't let it be too late," he prayed.

The Nawab and his friends entered the stall. The best room had been readied for them. As they sat down on the carpet, Qadir came in with the dal and Sadiq followed with piping hot rotis dripping with butter.

Sadiq held his breath as Nawab Hasan Ali broke a piece of roti, dipped it in the dal shahi urad, put it in his mouth, chewed slowly and then closed his eyes. "Ah!" he said softly. Sadiq let go of his breath.

The Nawab dipped a second piece of roti in the dal, **scooped** some raita with it, **savoured** it and said, "Wah, Qadir! Your dal shahi urad is truly heavenly! I have never tasted anything better." After a few more mouthfuls, Hasan Ali continued, "You deserve a

reward. Tell me, what would you like?"

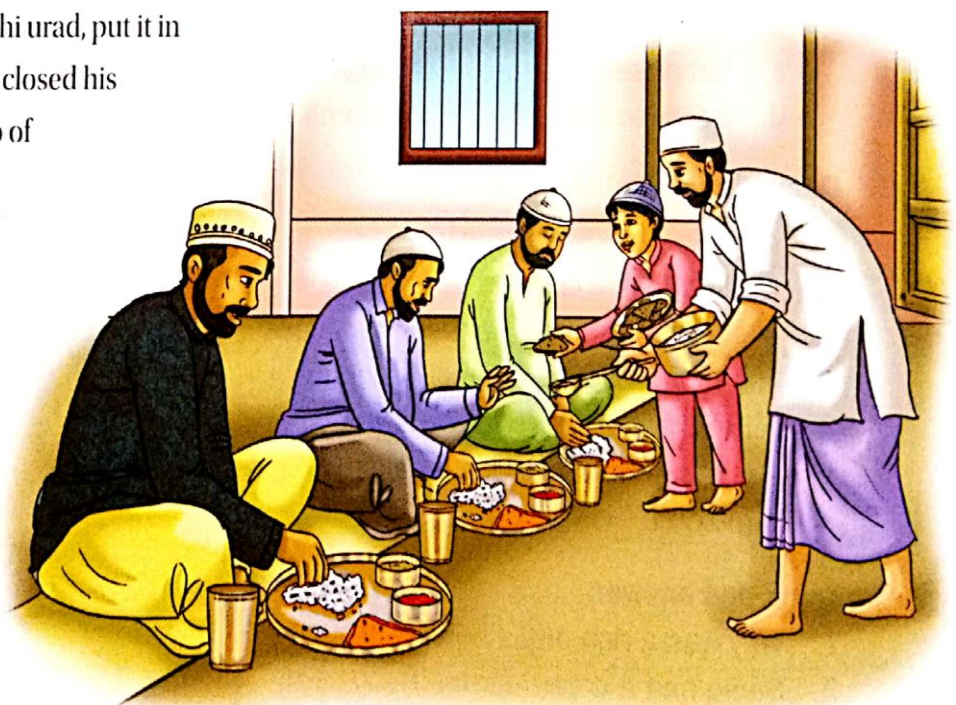
For the first time that day, Mohammad Qadir smiled. "I would like to have a bigger food stall, Huzoor."

"Done!" said Hasan Ali. He called one of his helpers. The helper bowed and put a bag full of money in Qadir's hands.

"This should be enough for your new shop," said Nawab Hasan Ali. "Now give me some more of your dal shahi urad and a roti."

Watching his father serve the Nawab and his

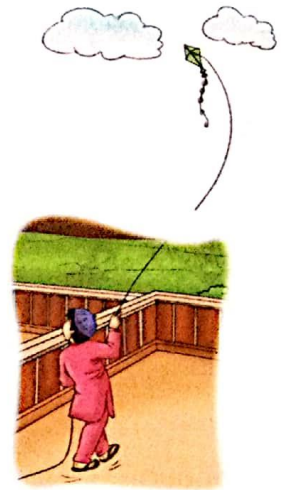
raita	a dish of yoghurt containing chopped cucumber
earthen	made of clay
tore up the stairs	ran up the stairs very quickly
engrossed	gave all (their) attention
timidly	(here) humbly
grinning	smiling with the teeth showing
groaned in dismay	made a long, deep sound of disappointment
wafted	moved gently through the air
thumping	beating very fast
scooped	picked up
savoured	tasted and enjoyed



Complete this paragraph with the suitable words from the box. Then, write what parts of speech they are.

immensely reward clever alas he on for agrees

Sadiq is a _____ boy, who understands the importance of pleasing Nawab Hasan Ali. His father, Qadir, _____ to cook his famous dal for the Nawab. Sadiq has to ensure that the Nawab gets to the stall on time, _____ the dal has to be eaten hot. But _____! Sadiq finds the Nawab _____ the terrace flying kites. Sadiq's friend, Aman, is a skilled kite flyer and _____ cuts the string of the Nawab's kite with his own. The Nawab reaches the stall on time and enjoys his meal _____. He gives Qadir a handsome _____.



Using Words

(binomials)

Read this sentence.

People came from **far and wide** to eat in his stall.

The highlighted phrase, **far and wide** (which means from 'distant places') is a **binomial**. Binomials are expressions with two words linked by a conjunction or a preposition.

Here are some more examples.

- safe and sound • up and down • sick and tired • sooner or later

The order of the words cannot be changed.

We cannot say—

- sound and safe • down and up • tired and sick • later or sooner

Choose the right binomials from the box to complete these sentences.

far and wide part and parcel hustle and bustle step by step back to front

1. The news spread _____ that the king was to give his daughter in marriage to the bravest man in all the land.
2. He followed a set of _____ instructions for making a pizza.
3. I wonder if you realise that you have your T-shirt on _____.
4. My grandmother enjoys the _____ of the marketplace.
5. For some people loneliness is _____ of everyday life.





Writing

(writing a notice)

You have already learnt that a notice is a short piece of writing that is used to communicate information formally.

You are the Cultural Coordinator of APC Public School, Vododara. Your school has decided to organise a carnival to be held in the school grounds. You have been asked to write a notice about this carnival, inviting the students and teachers to participate in it. Write a notice in not more than 50 words to be put up on the noticeboard with all the relevant details.

Use this format.

_____ (committee's name)

NOTICE

_____ (date of issue)

Carnival

(Write the details of the carnival; who all are expected to be a part of the carnival; how many events and what kind; etc.)

Date/s: _____ (the date/s on which it is to be held)

Time: _____ (the time at which it is to start)

Venue: _____ (the venue where it will take place)

_____ (your name)

_____ (your position)






The All-American Slurp

Lensey Namioka

Warm-up

Make a record of the food items you usually eat by writing their names in the spaces given. Discuss your list in class.

	Breakfast	Lunch	Dinner
Meal			
What I eat			

People in different places have different lifestyles and eating habits. Ignorance of the differences may sometimes lead to cultural shocks. Read this story and see how the narrator feels towards her own culture and that of the West even over trivial matters such as table manners.

The first time our family was invited out to dinner in America, we **disgraced ourselves** while eating **celery**. We had **immigrated** to this country from China, and during our early days here we had a hard time with American table manners.

In China, we never ate celery raw, or any other kind of vegetable raw. We always had to **disinfect** the vegetables in boiling water first. When we were presented with our first **relish** tray, the raw celery caught us unprepared.

We had been invited to dinner by our neighbours, the Gleasons. After arriving at the house, we shook hands with our hosts and packed ourselves into

a sofa. As our family of four sat stiffly in a row, my younger brother and I stole glances at our parents for a clue as to what to do next.

Mrs Gleason offered the relish tray to Mother. The tray looked pretty, with its tiny red radishes, curly sticks of carrots, and long, slender stalks of pale green celery. "Do try some of the celery, Mrs Lin," she said. "It's from a local farmer, and it's sweet."

Mother picked up one of the green stalks, and Father **followed suit**. Then I picked up a stalk, and my brother did too. So there we sat, each with a stalk of celery in our right hand.



Mrs Gleason kept smiling. "Would you like to try some of the dip, Mrs Lin? It's my own **recipe**—sour cream and onion flakes, with a dash of Tabasco sauce."

Most Chinese don't care for dairy products, and in those days I wasn't even ready to drink fresh milk. Sour cream sounded perfectly **revolting**. Our family shook our heads in unison.

Mrs Gleason went off with the relish tray to the other guests, and we carefully watched to see what they did. Everyone seemed to eat the raw vegetables quite happily.

Mother took a bite of her celery. Crunch. "It's not bad!" she whispered.

Father took a bite of his celery. Crunch. "Yes, it is good," he said, looking surprised.

I took a bite, and then my brother. Crunch, crunch. It was more than good; it was delicious. Raw celery has a slight sparkle, a **zingy taste** that you don't get in cooked celery. When Mrs Gleason came around with the relish tray, we each took another stalk of celery, except my brother. He took two.

disgraced ourselves	brought shame on ourselves
celery	a vegetable with an edible stalk
immigrated	went to live permanently in a foreign country
disinfect	clean
relish	slices of meat/fish/vegetable eaten with a dipping sauce
followed suit	followed someone's example; did the same thing
recipe	method of preparing a dish
revolting	disgusting
zingy taste	sharp taste like that of a lemon



There was only one problem; long strings ran through the length of the stalk, and they got caught in my teeth. When I help my mother in the kitchen, I always pull the strings out before slicing celery.

I pulled the strings out of my stalk. Z-z-zip, z-z-zip. My brother followed suit. Z-z-zip, z-z-zip, z-z-zip. To my left, my parents were taking care of their own stalks. Z-z-zip, z-z-zip, z-z-zip.

Suddenly, I realised that there was **dead silence** except for our zipping. Looking up, I saw that the eyes of everyone in the room were on our family. Mr and Mrs Gleason, their daughter Meg, who was my friend, and their neighbours, the Badels—they were all staring at us as we busily pulled the strings of our celery.

That wasn't the end of it. Mrs Gleason announced that dinner was served and invited us to the dining table. It was **lavishly** covered with platters of food, but we couldn't see any chairs around the table. So we helpfully carried over some dining chairs and sat down. All the other guests just stood there.

Mrs Gleason bent down and whispered to us, "This is a **buffet** dinner. You help yourselves to some food and eat it in the living room."

Our family **beat a retreat** back to the sofa as if chased by enemy soldiers. For the rest of the evening, too **mortified** to go back to the dining table, I nursed a bit of potato salad on my plate.

The next day, Meg and I got on the school bus together. I wasn't sure how she would feel about me after the **spectacle** our family made at the party. But she was just the same as usual, and the only reference she made to the party was, "Thanks for

coming last night. Hope you and your folks got enough to eat. You certainly didn't take very much. Mom never tries to figure out how much food to prepare. She just puts everything on the table and hopes for the best."



I began to relax. The Gleasons' dinner party wasn't so different from a Chinese meal after all. My mother also puts everything on the table and hopes for the best.

Meg was the first friend I had made after we came to America. I eventually got acquainted with a few other kids in school, but Meg was still the only real friend I had.

The day came when my parents announced that they wanted to give a dinner party. We had invited Chinese friends to eat with us before, but this dinner was going to be different. In addition, we were going to invite the Gleasons.

"I can hardly wait to have dinner at your house," Meg said to me. "I just love Chinese food."



That was a relief. Mother was a good cook, but I wasn't sure if people who ate sour cream would also eat soy sauce.

Mother decided not to take a chance. Since we had Western guests, she set the table with large dinner plates, which we never used in Chinese meals. In fact, we didn't use individual plates at all, but picked up food from the platters in the middle of the table and brought it directly to our rice bowls. Following the practice of Chinese-American restaurants, Mother also placed large serving spoons on the platters.

The dinner started well. Mrs Gleason exclaimed at the beautifully arranged dishes of food. At first, I was too busy enjoying my food to notice how the guests were doing. But soon I remembered my duties. Sometimes guests were too polite to help themselves and you had to serve them with more food.

I glanced at Meg, to see if she needed more food, and my eyes nearly popped out at the sight of her plate. It was piled with food. She had been taking food from a second dish before she finished eating her helping from the first!

Horried, I turned to look at Mr Gleason. He was chasing a pea around his plate. Several times he got it to the edge, but when he tried to pick it up with his chopsticks, it rolled back toward the centre of the plate again. Finally, he put down his chopsticks and picked up the pea with his fingers. He really did! A grown man!

All of us, our family and the Chinese guests, stopped eating to watch the activities of the Gleasons. I wanted to giggle. Then I caught my mother's eyes on me. She frowned and shook her

head slightly, and I understood the message—the Gleasons were not used to Chinese ways, and they were just coping the best they could. For some reason, I thought of celery strings.

When the main courses were finished, Mother brought out a platter of fruit. "I hope you weren't expecting a sweet dessert," she said. "Since the Chinese don't eat dessert, I didn't think to prepare any."

"Oh, I couldn't possibly eat dessert!" cried Mrs Gleason. "I'm simply stuffed!"

Meg had different ideas. When the table was cleared, she announced that she and I were going for a walk. "I don't know about you, but I feel like dessert," she told me, when we were outside. "Come on, there's a Dairy Queen down the street. I could use a big chocolate milkshake!"

Although, I didn't really want anything more to eat, I insisted on paying for the milkshakes. After all I was still hostess.



dead silence	<i>complete silence</i>
lavishly	<i>generously</i>
buffet	<i>a meal consisting of many dishes from which guests help themselves</i>
beat a retreat	<i>withdraw quickly</i>
mortified	<i>highly embarrassed</i>
spectacle	<i>unusual event that attracts attention</i>



Meg got her large chocolate milkshake and I had a small one. Even so, she was finishing hers while I was only half done. Toward the end she pulled hard on her straws and went shloop, shloop.

"Do you always slurp when you eat a milkshake?" I asked, before I could stop myself.

Meg grinned. "Sure. All Americans slurp."

slurp

drink something with a loud sucking noise



(reading for main ideas)

A. Choose the right options to complete these sentences.

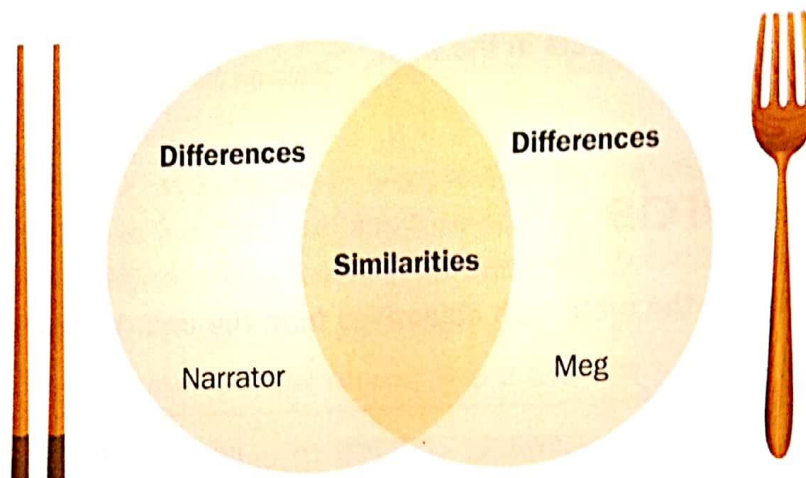
1. The one thing that the narrator and her family found difficult in the early days was
 - a. speaking the language.
 - b. acquiring a house.
 - c. American table manners.
 - d. making new friends.
2. The narrator's family did not dip their celery into the sour cream because
 - a. there was not too much of it.
 - b. it was spoilt.
 - c. they did not like dairy products.
 - d. they were feeling shy.
3. We can tell that the narrator and her family were not used to a buffet meal because
 - a. they started to serve the others.
 - b. they refused to eat.
 - c. they took away the serving dish.
 - d. they took chairs to the table.
4. At the Chinese dinner, the narrator was shocked when she saw
 - a. people laugh at the Gleasons.
 - b. her mother shake her head.
 - c. Meg's plate with food from both the dishes.
 - d. Mrs Gleason eat with her hands.

B. Answer these questions.

1. Why did the narrator and her brother keep looking at their parents?
2. Why was there dead silence in the room?
3. Why was the narrator horrified by Mr Gleason?



- C. In the Venn diagram below, explore the similarities and differences of the two cultures by comparing the narrator with her friend, Meg. In the Venn diagram, write similarities in the space where the circles overlap. Write differences in the spaces that do not overlap, underneath each name.



(reading for inference; HOTS)

D. Think and answer.

1. The narrator has related a story of clashing dining cultures. What method does she employ to do this? Has she been successful?
2. In spite of the cultural differences, the two girls remained good friends. Why do you think this is so?
3. "Do you always slurp when you eat a milkshake?" I asked, before I could stop myself. Why do you think the narrator uses the expression 'eat a milkshake' instead of using 'drink a milkshake'?

(value-based question)

E. Discuss in class.

What do you think would have happened if the two girls had made fun of each other's families after these get-togethers? What is the lesson in this for all of us?



(revision of tenses: simple and continuous)

You have learnt about the simple present and the simple past tenses, and the present continuous and the past continuous tenses. Let us revise these tenses once more.

Study this table.

	The simple tense	The continuous tense
Present	expresses the 'now' of an action or situation	expresses a continuous or ongoing action that is currently happening
Past	expresses an action or situation that began and ended in the past	expresses a continuous or ongoing action that was happening at a particular time



Underline the verbs and identify their tenses.

1. She was painting with concentration when the ball rang.
2. Are you still watching the television?
3. Grandpa went out to buy some soda, but bought water instead!
4. It was while they were heading to the beach that the accident occurred.
5. The sun rises in the east and sets in the west.









Using Words

(collocations)

Describe the food items in the table with adjectives from the box. You can use the adjective more than once.

ripe	fatty	sweet	hard	juicy	tough
oily	sour	mild	tender	salty	hot

ripe, sour, sweet, juicy			
			
			

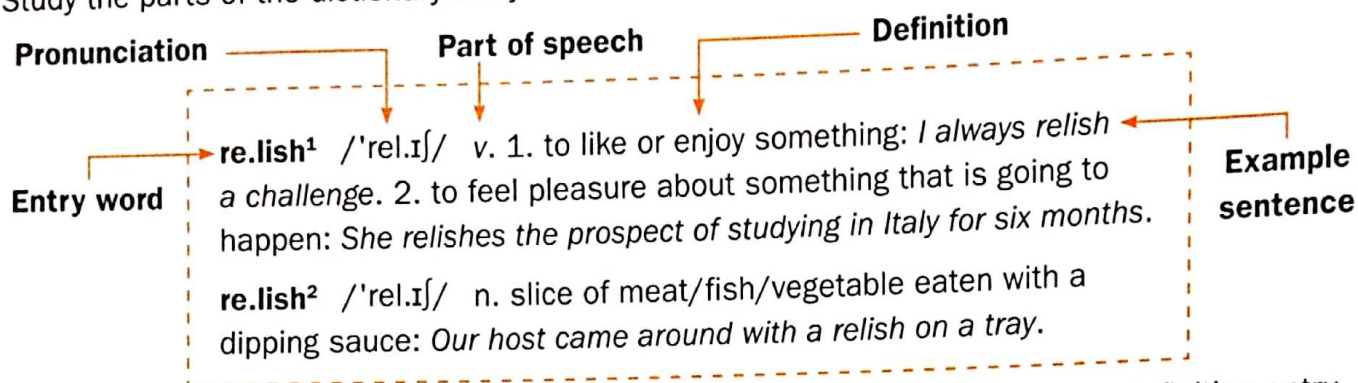




Dictionary Work

(reading a dictionary entry)

Study the parts of the dictionary entry.



Entry word – The • separates the syllables. The ¹ notes there are more than one definition entry.

Pronunciation – This is separated into syllables and tells you how to pronounce the entry word. The ' tells you which syllable is stressed.

Part of speech – This abbreviation tells you what part of speech the defined word is.

Definition – This explains the meaning of the entry word. If there is more than one meaning, the definition is divided by numbers.

Example sentence – An example sentence is often used to make the meaning more clear.

A. Look up the meaning of nurse in the dictionary. See if you can identify the aspects that were described earlier.

B. Say what meaning of nurse is used in this sentence.

I nursed a bit of potato salad on my plate.



Assessment of Speaking and Listening



Listening

(listening for detail)

The narrator and her mother go to a restaurant for breakfast. A waiter takes their order. Listen to the dialogue and write down what each of them orders.

Pronunciation

(difference between letters and sounds)

You have already learnt to recognise sounds in words.
A quick recap:



The word **family** has six letters. Let us look at how many sounds there are in it.

f	a	m	i	l	y
1	2	3	4	5	6

The word **goose** has five letters. Let us look at how many sounds there are in it.

g	o	o	s	e
1	2		3	

Say these words aloud. Then notice the number of sounds and letters in these words.

Words	No. of sounds	No. of letters
rock	3	4
house	4	5
when	3	4
sadly	5	5
basket	6	6

Speaking

(expressing gratitude)

Read this sentence.

Thanks for coming last night.

Here, Meg expresses her gratitude to Lensey for coming over for dinner. You express gratitude when someone gives you something, does something nice for you or helps you.



Here are some ways you can show gratitude.

- Thanks!
- I am grateful.
- That was kind of you.
- What you've done means a lot to me.
- Thank you, I owe you a favour.
- You have been very helpful.
- Thanks for being so thoughtful.
- I thank you from the bottom of my heart.

A. Work in pairs. Express gratitude in these situations.

1. You drop your books on the floor and a passer-by helps you pick them up.
2. Your friend has helped you prepare for the painting competition. You have won the competition and want to thank your friend.

B. Work in pairs. Discuss what you see in this picture. Talk about the importance of eating healthy food.



(speaking on a topic)



Writing

(writing an informal letter)

Informal letters are letters written to friends, family and acquaintances. The tone of the letter is personal and can be a little casual.

Imagine that you are the narrator of this story. You moved to the United States with your family but your grandparents still live in China. Write a letter to them about your trip and experiences in the United States. Write about what has been the most interesting experience and what you have learned about American culture.

Remember to

- ask how they are before talking about your experiences.
- introduce the topics in an organised manner. There may be several things you may want to write about, but they shouldn't confuse your grandparents.
- respect the similarities and differences between the two cultures while you write about them.



Deep in Our Refrigerator

Jack Prelutsky

Warm-up

You must have noticed that if food is left for a long time in a refrigerator, it gets spoiled. What should be done to avoid this situation? Think of some other common experience that is shared in most households. Discuss with your partner.

Deep in our refrigerator,
there's a special place
for food that's been around awhile...
we keep it, just in case.
"It's probably too old to eat,"
my mother likes to say.
"But I don't think it's old enough
for me to throw away."

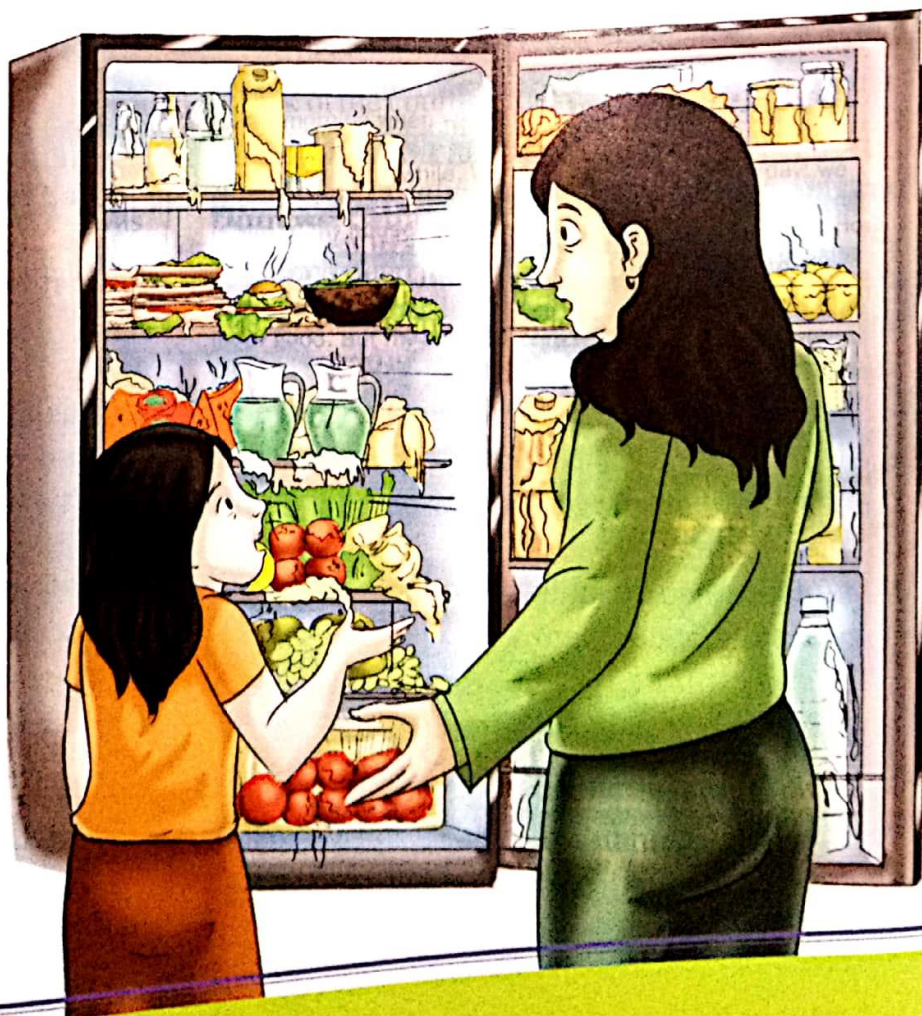
It stays there for a month or more
to ripen in the cold,
and soon we notice fuzzy clumps
of multi-coloured mould.
The clumps are larger every day,
we notice this as well,
but mostly what we notice
is a certain special smell.

When, finally, it all becomes
a nasty mass of **slime**,
my mother takes it out, and says,
"Apparently, it's time."
She dumps it in the garbage can,
though not without regret,

then fills the space with other food
that's not so ancient yet.

slime

a sticky liquid substance that is unpleasant to touch





Interpreting the Poem

(reading for main ideas)

A. Answer these questions.

1. Does the poet's family eat the food that has been in the refrigerator for a while? Give reasons for your answer.
2. How long does the food remain in the fridge?
3. What happens to the food in the refrigerator after a month?
4. When does the poet's mother decide that it is time to get rid of it?
5. What does she do after dumping it in the garbage?



B. Think and answer.

1. Why is the poem called *Deep in Our Refrigerator*?
2. Why do you think Mother is reluctant to throw the food away?

(reading for inference; HOTS)

C. Discuss in class.

Is it healthy to leave food in the refrigerator for a month or more? Why/why not?

(value-based question)



Appreciation

- When reading the poem, you will notice that alternate lines rhyme. Can you pick out the pairs of rhyming words?
- Imagery is using words that create mental sensory pictures. Pick out the words/phrases that the poet uses effectively to convey the visual image of rotting food.

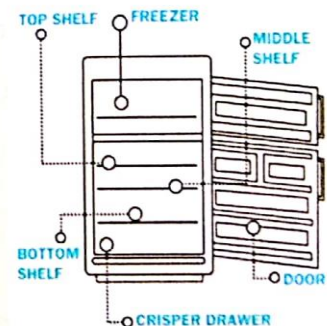
Life Skills Activity

(critical thinking)

In a refrigerator of this model, the coldest part is the freezer, followed by the top shelf. The warmest part is the door and the bottom shelf is next. The crisper drawer has the most moisture.

What is a good way to store food in such a refrigerator?
Match the part in column A with the food in column B.

A	B
1. freezer	a. leftovers, cooked food
2. top shelf	b. fruits
3. middle shelf	c. vegetables
4. bottom shelf	d. eggs, milk, curd
5. crisper drawer	e. condiments, butter, fruit juice
6. door	f. frozen food, ice cream



Answers:

1. f; 2. d; 3. a; 4. b; 5. c; 6. e



Formative Assessment 1

(Unit 1)

Chocolates

We all love chocolates. But, do you know how the use of chocolates spread around the world? The origin of chocolate can be traced to the cacao plant which has been cultivated for more than 3,000 years by the Mayans and the Aztec people of Mexico and Central America. The word 'cacao' comes from 'cacau', the Mayan word for the plant. To them it was a very important plant, and the beans were believed to possess medicinal powers and used as currency. Because of a spelling error, probably by British traders long ago, these beans became known as cocoa beans. The Mayans used to roast and grind the seeds of the cacao plant. They would then make a drink—which was spicy, bitter and frothy—by adding chilli to the grounded seeds. This concoction was called xocoatl, from which the word 'chocolate' was later derived.

The Spanish explorer Hernán Cortés was served xocoatl in 1519 at the court of an Aztec ruler, Montezuma II. Consequently, Cortés introduced cocoa to Spain where it was drunk as a hot beverage, by adding cinnamon and vanilla flavours to it.

The use of cocoa had spread to France, Italy and England by the 1600s. However, it was very expensive and affordable only by the rich.

The cocoa press was invented in 1828. This made it easier and less expensive to produce cocoa powder and cocoa butter, the ingredients to make solid chocolate.

Daniel Peter, from Switzerland, made the first milk chocolate with the help of his neighbour, Henri Nestlé, in 1875. And then, there was no looking back. Chocolates have become all-time favourites of many generations around the world.

Tenzing Norgay was one of the first two mountaineers to reach the world's highest peak of Mt Everest in 1953. He is known to have buried a little bit of chocolate in the snow at its summit as an offering to the gods. The spaceflight, Apollo 11, which landed the first people on the moon in 1969, had chocolate pudding on board.

Reading

Choose the right options to complete these sentences.

1. The _____ plant has been cultivated for more than 3,000 years by the Mayans and the Aztec people of Mexico and Central America.
a. chocolate b. cacao c. xocoatl



2. The word 'concoction', as used in the text, means
 - a. a drink comprising an unusual mixture of things.
 - b. a drink with magic powers.
 - c. a healing potion.
3. The cacao beans became known as cocoa beans possibly due to a spelling error by
 - a. Tenzing Norgay.
 - b. Hernán Cortéz.
 - c. British traders.
4. _____ from Switzerland made the first milk chocolate with the help of his neighbour, Henri Nestlé, in 1875.
 - a. Daniel Peter
 - b. Montezuma II
 - c. Tenzing Norgay
5. People first landed on the moon in _____.
 - a. 1875
 - b. 1969
 - c. none of the options

Using Grammar

- A. Look at the words underlined in this passage. Can you tell which parts of speech they are? Put them in the right column in the table below.

Aunt Maria would mildly observe that, next time Uncle Podger was going to hammer a nail into the wall, she hoped he'd let her know in time, so that she could make arrangements to go and spend a week with her mother while it was being done.

"Oh! You women, you make such a fuss over everything," Uncle Podger would reply, picking himself up. "Why, I like doing a little job of this sort."

And then he would have another try, and, at the second blow, the nail would go clean through the plaster, and half the hammer after it, and Uncle Podger be precipitated against the wall with force nearly sufficient to flatten his nose.

Then we had to find the rule and the string again, and a new hole was made; and, about midnight, the picture would be up—very crooked and insecure, the wall for yards round looking as if it had been smoothed down with a rake, and everybody dead beat and wretched—except Uncle Podger.

"There you are," he would say, stepping heavily off the chair on to the charwoman's corns, and surveying the mess he had made with evident pride. "Why, some people would have had a man in to do a little thing like that!"

Parts of speech	Examples
noun	<u>Maria</u>
pronoun	
adjective	
verb	
adverb	
preposition	
conjunction	
interjection	



B. Underline the verbs and identify their tenses.

1. When Mehtab walked into the room, his friends were watching the television.
2. I will be waiting for you at the station.
3. Gurrinder goes to the market every Thursday with his brother.
4. We are leaving now.
5. The doctor will be here in an hour.
6. We never found out if Hema was being honest with us.
7. We will be studying about gravitation in the next class.
8. I usually play the guitar in the band; but today I am playing the drums.

Using Words

A. Choose the right words from the box and complete these expressions.

tear	alive	regulations	sick	by	later	ends	cons
------	-------	-------------	------	----	-------	------	------

1. pros and _____
2. _____ and tired
3. odds and _____
4. _____ and large
5. sooner or _____
6. wear and _____
7. rules and _____
8. _____ and kicking

B. Complete these sentences with the right options.

1. I think I will skip lunch, I have had a _____ (heavy/hard) breakfast.
2. After a hard and arduous trek through the mountains, the travellers ate a _____ (strong/hearty) dinner.
3. A _____ (wholesome/firm) meal must consist of proteins, fats and carbohydrates.
4. I don't like this cheese, it has a very _____ (stout/strong) flavour.
5. The poor man did not earn enough to be able to eat three _____ (square/round) meals a day.

Listening

Rajesh goes to a restaurant for dinner. A waiter takes his order. Listen to their conversation and answer these questions.

1. What is the first thing that Rajesh wants?
2. What is the spicy dish suggested by the waiter?
3. What does the waiter suggest as the dish with baby corn?
4. What, according to the waiter, would go well with the baby corn?



Speaking

Which is your favourite cuisine? Tell your classmates about it and why it is your favourite. Describe the dish that you like the best.

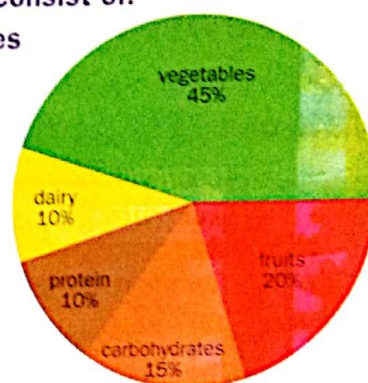
Writing

Imagine that you have just been to a Chinese restaurant which served the best Chinese food you have ever tasted. Write a letter to your friend describing the experience, and insisting that he/she accompanies you to the restaurant the next time you meet.

Project

Look at the pie chart. It tells you what a balanced diet should consist of. Now complete the given table. Also give at least three examples of each type of food.

Type of food	Percentage of total diet	Examples
protein	10	meat, fish, soybean
fruits		
vegetables		
dairy		
carbohydrates		



Life Skills Activity

- A. Just like different people like to eat different things, so do different animals. Can you match each animal to its favourite food?

Animal	Favourite food
1. aardvark	a. plankton
2. bee	b. nuts
3. blue whale	c. grass
4. cow	d. bamboo shoots
5. panda	e. insects
6. squirrel	f. honey

- B. Many a times, these and other animals cannot get the food to survive because of the destruction of their habitat by human beings. What are some of the things we can do to ensure that they get to eat their favourite food?

