

vegetables. It may also include items like

Table 2.1 Some common meals of different regions/states

Region/ State	Item of grain	Item of dal/meat	Vegetables	Others
Punjab	<i>Makki</i> (corn) <i>roti</i>	<i>Rajma</i> (Kidney beans)	<i>Sarson saag</i> (Mustard leaf curry)	Curd, <i>ghee</i>
Andhra Pradesh	Rice	<i>Tuar dal</i> and <i>rasam</i> (<i>charu</i>)	<i>Kunduru</i> (<i>dondakai</i>)	Buttermilk, <i>ghee</i> , pickle (<i>aavakai</i>)

Table 2.2 Nutrients present in some food items

Food item	Starch (present)	Protein (present)	Fat (present)
Raw potato	Yes		
Milk		Yes	
Groundnut			Yes
Uncooked powdered rice			
Cooked rice			
Dry coconut			
Uncooked <i>tuar dal</i> (powdered)			
Cooked <i>dal</i>			
A slice of any vegetable			
A slice of any fruit			
Boiled egg (white portion)			

Table → 2.1

Do the same for more 8 States according to your choice.

Table-2.2

Do the same for the rest of all the food items and three more food items.