

Lesson 7: Food

- 1) Shloka: Karaagre Vasate Lakshmi The front parts of the hands (the fingertips) are ascribed to Goddess Lakshmi, the Goddess of Wealth, the middle part (the palm proper) to Goddess Saraswati, the Goddess of Learning, and the root (the part of hand near the wrist) to Govinda (God).
 Karamuule Saraswati
 Karamadhye Tu Govinda
 Prabhaate Kara Darshanam

2) Discussion:

- ❖ When we fall ill, many of us take medicine. Can we do something when we are well which will help you not fall ill? We can! Eat the right kind of food.
- ❖ Food is basic need of all living organisms. It fulfills both physical and mental need.
- ❖ Many societies have a complex etiquette related to sharing food. These customs express each society's attitudes and values towards food.
- ❖ In Vedic society – importance was on maturity and an appreciation of the Lord.
- ❖ Food as *prasada* – The Upanishads teaches us to respect food because it is the source of life and the means of one's nourishment. *Prasada* comes from the Lord. It is accepted with gratitude.
- ❖ The Upanishad also says not to discard food. Throwing away food indicates lack of respect for the food and the Lord.
- ❖ It is important to have cheerful attitude towards food.
- ❖ Eating food together is an important daily activity. The dinner table should not be used to discuss problems. Eating with others in an atmosphere of worry and unhappiness is an undesirable activity.
- ❖ Adi Shankara advises us not to seek tasty food. So also, food should be eaten in the quantity required to ease hunger.
- ❖ One should fill half on one's stomach with solid food, one fourth with water and one fourth free for movement of air.
- ❖ *Annadana* giving food in charity is a noble act.
- ❖ The attitude with which the food is given whether it is served to a family member or given in charity affects both the giver and the recipient.
- ❖ When one donates food, one does so with humility thanking the Lord for giving one the capacity to share one's resources with others.

- 3) Ball Activity: Whoever has the ball gives one example of respecting food before tossing it a person at random, who gives another example, and so on.

- 4) Scrapbook page for Food

Name: _____

Lesson 7 Homework

Read the article about eating right on this website:

http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html#

and answer these questions.

1. Was there anything on the “slow” or “whoa” columns that surprised you?
Why is that not as healthy as you thought it was?

2. What is something that you will change about what you eat or how you think about/treat food?
