

Unit 4: Assignment: 8 Grade: 20 points (Minimum: 500 words)

Write in detail an essay on any one of the following:

1. Medicinal food of India.
2. Indian spices & seasoning.
3. Indian Herbs Could Replace Synthetic Preservatives to Extend Shelf Life of Processed Foods.

Activity: *Outside Influences on Indian cuisine.*

Select the food Items from Column ‘A’, and write in front of the country of Influence
Example: Spanish: 3, 6,

A. Food Items	B. Influence on Indian Food of these Invaders
1. Tandoor, Naan 2. Saffron 3. Cashews 4. Potatoes and Tomatoes 5. Cocoa 6. Chili 7. Dumplings in Kashmiri cuisine 8. Hot Pot cooking 9. Vindaloo 10. Star Anise 11. Tea 12. Ketchup 13. Coriander 14. Cumin 15. Pilau(flavoured rice dish)	A. Portuguese B. Spanish C. Persians D. Chinese E. British F. Mongols