

Topic: **FOOD, NUTRITION AND HEALTH**

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Spices

Aromatic food substances, which enhance flavour, are classified into spices, herbs and seasonings. Spices are usually dried roots, barks or seeds used whole, crushed or powdered (e.g.) cloves. Herbs are usually the fresh leaves (e.g.) coriander leaves. Seasonings are the bulbs used fresh like onion and garlic.

Role of spices in cookery

- ✓ Spices are used as flavouring agents (e.g.) garam masala added to pulav.
- ✓ Spices are used as colouring agents (e.g.) turmeric added to lime rice.
- ✓ Spices give pungency (e.g.) ginger.
- ✓ They act as preservatives (e.g.) fenugreek powder added to pickles.
- ✓ They act as souring agents (e.g.) dry mango powder.
- ✓ Spices act as thickening agents (e.g.) poppy seeds added to kurma.
- ✓ They have antibacterial and anticarcinogenic properties (e.g.) turmeric, garlic.
- ✓ Spices reduce blood sugar and blood cholesterol levels. (e.g.) fenugreek seeds.

Beverages

Beverages may be classified according to their functions in the body.

- Refreshing (e.g.) fruit juices.
- Nourishing (e.g.) milk shakes.
- Stimulating (e.g.) coffee and tea.
- Soothing (e.g.) warm milk and hot tea.
- Appetising (e.g.) soups.

Points to remember while making beverages

- Beverages should be served as soon as possible after preparation in order to retain fresh natural flavour.
- Hot beverages should be served hot and cold beverages ice cold.
- Beverages should be served in attractive glass tumblers.
- Beverages must not be diluted too much with either water or ice.

Alcoholic beverages

Beer

The principle raw materials of beer manufacture are malted barley, rice and corn, which supply carbohydrates for fermentation by yeast into ethyl alcohol and carbon dioxide.

Wine

As grapes mature, the wine yeast *saccharomyces ellipsoideus* naturally accumulates on the skin. When the crushed grape is placed at a temperature of about 27°C the juice proceeds to ferment yielding ethyl alcohol, carbon dioxide and traces of flavour compounds.