

Talking about food and flavours

Class Objective : To understand about food and talking about its flavours

Concept A: Flavours

English	Sanskrit	Transliteration
Sweet	मधुरः	Madhuraḥ
Sour	आम्लः	Āmlaḥ
Pungent	कटुः	Kaṭuḥ
Salt	लवणः	Lavaṇaḥ
Astringent	कषायः	Kaṣāyaḥ
Bitter	तिक्तः	Tiktaḥ

Concept B: Some names of food items in sanskrit

सन्धितम् - Pickle

अण्डम् - Egg

आम्रचूर्णम् - Amchur powder

पिष्टम् / पिष्टकम् - Flour

पिष्टिका - Shortbread (kachori)

क्वथिता / तेमनम् - Kadhi

कफघ्नी/ काफीपेयम् - Coffee

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2. **Background**

3. **Method**

1. **Study Design**
2. **Participants**
3. **Intervention**

4. **Results**

1. **Primary Outcome**
2. **Secondary Outcome**
3. **Subgroup Analysis**

5. **Conclusion**

1. **Summary**

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