



Food

# **The Three Categories**

3-Part Teaching Cards

Copyright © February 2011  
All rights reserved

Original Concept and Graphics: Shuddha Amundsen  
Text and Production: Ac. Abhidevananda Avadhuta

Dedicated to Shrii Shrii Anandamurti, an unparalleled teacher and a timeless inspiration

*Educated are those who have learned much, remembered much, and made use of their knowledge in practical life.*

Shrii Prabhat Ranjan Sarkar  
Chapter 3 “Social Justice”  
Human Society Part 1

## Table of Contents

---

<b>Instructions</b> .....	<b>iv</b>
Assembling the 3-Part Teaching Cards .....	iv
Using the 3-Part Teaching Cards .....	iv
<b>The 3-Part Teaching Cards</b> .....	<b>1</b>
Study Cards .....	1
Data Cards .....	3
Label Cards.....	4

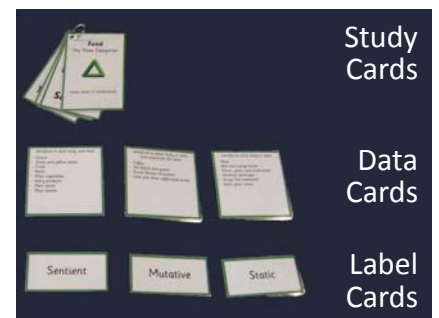
# INSTRUCTIONS

## Assembling the 3-Part Teaching Cards

To assemble the 3-Part Teaching Cards:

1. Print all subsequent pages of this file on card stock.
2. Cut out and glue together the two sides of each card.
3. (Optional) Laminate the cards for durability.

**NOTE** A single set of Data and Label cards may serve multiple students. However, each student will receive her/his own set of Study cards. Therefore, you must assemble one set of Study cards for each student.



## Using the 3-Part Teaching Cards

To use the 3-Part Teaching Cards:

1. Introduce the subject with information provided on the concept side of the first Study card.  
**NOTE** There are more Study cards than Data cards. Even when there is a corresponding Data card, the Study card may have more information. So always refer to the Study cards for instruction purposes.
2. Present each Data card one at a time, picture side up. Speak the name of the concept with each card.
3. Turn over each Data card, and explain the concept behind the picture.  
**NOTE** The amount of explanation depends on the age of the student. For younger students, you might not require all of the information on the concept side of the Data (or Study) cards.
4. Turn over all of the Data cards again to show the picture side of each card.
5. Shuffle the Label cards, and then ask the students to match the Label cards to the Data cards.
6. (If the Label cards have an alternate label on the back side) Turn over the Label cards, and repeat Step 4.
7. Turn over all of the Data cards to show only the concept side of each card.
8. Repeat Steps 4 and 5.
9. Shuffle the Data cards, and repeat Steps 3-7 as often as required.
10. Retrieve the Data and Label cards, and present a set of Study cards to each student.

**NOTE** Explain to the students that they should use their personal set of Study cards to deepen their knowledge of the subject through studying and self-testing.

## THE 3-PART TEACHING CARDS

### Study Cards

Picture Side

Concept Side

## Food

### The Three Categories



(when eaten in moderation)

### Procedure for Eating

- Before eating, perform half-bath
- Invite all present to share the food
- Better to eat with others than alone
- Flow of breath through right nostril helps digestion
- For proper digestion, fill stomach half with food, quarter with water, and one quarter with air
- Take a short walk after evening meal
- Do not
  - Eat when angry or mentally debased
  - Eat when not hungry or half hungry
  - Overeat or continually eat rich food
  - Share same plate with a sick person
  - Rush to work after eating

In every object of the universe, one of three attributes – sattva, rajah, or tamah – always dominates



## Sa'ttvika

### Sa'ttvika Food

beneficial to both body and mind

- Grains
- Green and yellow lentils
- Fruits
- Roots
- Most vegetables
- Dairy products
- Most spices
- Most sweets

## Sentient

## Study Cards

Picture Side



# Ra'jasika

## Concept Side

## Ra'jasika Food

beneficial to either body or mind  
and neutral for the other

- Coffee
- Tea (black and green)
- Cocoa (brown chocolate)
- Cola and other caffeinated drinks

# Mutative



# Ta'masika

## Ta'masika Food

harmful to either body or mind

- Meat (including fish and poultry)
- Eggs
- Red and orange lentils
- Onion, garlic, and mushrooms
- Alcoholic beverages
- Drugs (not medicinal)
- Items gone rotten

## Meat Eating

Before killing an animal for food, think a hundred times whether you can stay alive without doing so

- Do not eat the meat of a female animal, not even a domestic fowl
- Do not kill a fish in its infancy or when one-fourth or less of its adult size

# Static

## Data Cards

Picture Side



Concept Side

beneficial to both body and mind

- Grains
- Green and yellow lentils
- Fruits
- Roots
- Most vegetables
- Dairy products
- Most spices
- Most sweets



beneficial to either body or mind  
and neutral for the other

- Coffee
- Tea (black and green)
- Cocoa (brown chocolate)
- Cola and other caffeinated drinks

## Data Cards

Picture Side



Concept Side

harmful to either body or mind

- Meat (including fish and poultry)
- Eggs
- Red and orange lentils
- Onion, garlic, and mushrooms
- Alcoholic beverages
- Drugs (not medicinal)
- Items gone rotten

## Label Cards

Front Side

**Sa'ttvika**

Back Side

Sentient

**Ra'jasika**

Mutative

**Ta'masika**

Static