

The story of food

I. Underline the odd one out:

1. Potato, tomato, onion, egg, peas
2. Turmeric, orange, banana, grapes
3. Fish, chicken, garlic, pork
4. Cauliflower, cabbage, apple, spinach

II. True or false:

1. All family members should not work at home. **False**
2. We get different medicines from plants. **True**
3. Green leafy vegetables are bad for health. **False**
4. We get food from plants and animals. **True**

III. Answer the following questions:

1. Who cooks food at home?

Ans: Mother cooks food at home.

2. Who brings things from the market?

Ans: Father brings things from the market.

3. Who cleans utensils at home?

Ans: Mother cleans utensils at home.

4. Why is it important to eat together in family?

Ans: Eating together gives a sense of togetherness, love and care. It is the time for sharing and discussing things of interest and importance.

5. Name four cereals.

Ans: Wheat, rice, bajra and maize.

6. Name four vegetables.

Ans: Potato, cauliflower, tomato and cabbage.

7. Name four fruits.

Ans: Apple, mango, papaya and guava.

8. Name four spices.

Ans: Turmeric, pepper, clove and cinnamon.

9. Name some food items you get from animals.

Ans: Egg, meat, milk and honey

10. Who are vegetarians?

Ans: People who eat only plants and plants products are called vegetarians.

11. Who are non-vegetarians?

Ans: People who eat both plant products and animal products are called non-vegetarians

12. When we are sick we take medicines which we get from plants.

What do you take when you –

- a) Get hurt – turmeric milk
- b) Have a toothache – clove
- c) Cold And cough – tulsi, ginger and clove tea
- d) Have a stomachache – fenugreek seeds and carom seeds.

13. Underline the food items with green which we get from plants and underline the foods items with red which we get from animals.

- a) Honey Turmeric Fish Rice
- b) Corn Milk Lemon Pork
- c) Spinach Tomato Ajwain Coffee
- d) Tomato Orange Wheat Cheese

e) Egg Meat Banana Potato

14. Different parts of plants are eaten by us as food-

- a) Root – beetroot, carrot, radish, turnip
- b) Leaf – spinach, cabbage, mint, coriander, curry leaves
- c) Flowers – banana flower, flower of kachanar, cauliflower
- d) Fruit – apple, mango, papaya, guava
- e) Stems – Banana stem, ginger, potato