

## Class-3 A and B

### Subjects- S.st

### Topic - chapter-4 (our food)


Review of zoom classes on 27th and 29 th of May.

(Explained the chapter on 27th and did exercises on 29 th )

◇ Exercises ◇


A. Oral questions

1. What are rice, wheat, maize, jowar and bajra called? cereals
2. In which season do we eat fresh mangoes and litchis? Summer
3. Where do coconuts grow—in Kerala or in Kashmir? Kerala



B. Write true or false.

1. Sambar is a dish cooked with rice and vegetables.  False arhar dal
2. Apricot, plum, peach and cherry grow best in hot places.  False colder
3. Turmeric, cinnamon and cardamom are types of spices.  True
4. Vegetarians have milk even though it comes from animals.  True
5. We can only eat the food grown in nearby places.  False  
also other



C. Fill in the blanks.

1. Dosa, idli and uttapam are made from rice. [rice / wheat]
2. Beans and peas are types of pulses. [cereals/ pulses]
3. Cabbage, cauliflower and carrot are winter vegetables. [summer / winter]
4. People who live near the sea usually eat plenty of fish. [fish / meat]
5. To make food tasty, we add spices. [spices/ water]

18

Q- Fill in the blanks ( first 5 in the book)

6) Plants give us cereals, pulses, fruits and vegetables.

7) The types of fruit and vegetables people eat depend on the season and on the place where they live.

8) Non vegetarians eat fish, meat, and eggs.

9) Any food made from milk is called milk product.

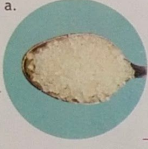
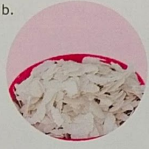
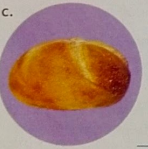



10) All the food that we eat comes either from plants or from animals.

More to Do

1. Match the following.

- |                   |               |
|-------------------|---------------|
| a. Litti chokha   | c Punjab      |
| b. Pav bhaji      | b Maharashtra |
| c. Chhole bhature | f Tamil Nadu  |
| d. Dhokla         | a Bihar       |
| e. Ghevar         | d Gujarat     |
| f. Upma           | e Rajasthan   |

2. Next to each food write what it is made from. [rice dal maize wheat sugar cane milk]

- |  |   |
|--|---|
| a.  <u>Sugar - Cane</u> | b.  <u>rice</u>    |
| c.  <u>wheat</u>      | d.  <u>dal.</u>  |
| e.  <u>milk</u>       | f.  <u>maize</u> |

Answer the following questions

1) How is rice usually eaten?

ans - Rice is usually boiled and eaten with vegetables and other things. It may also be ground into a paste to make idli, dosa, uttapam and appam.

2) What is ground wheat called? Name three food items we make from it.

ans- Ground wheat is called flour. We make bread loaves, cakes and bhatura from flour.

3) What are oils commonly used in Indian cooking made from?

Ans- The oils commonly used in Indian cooking are made from many kinds of seeds, like those of groundnut, coconut, soyabean, mustard, and sunflower.

H.W - Q D pg -19 ( to be done in the book)

Please check your H.W

D. Put each kind of food in the correct column. ★

brinjal corn mutton strawberry egg cabbage arhar rajma  
paneer gram butter apricot barley wheat yogurt fish

| Cereals                 | Pulses                 | Fruit and Vegetables                         | Nonvegetarian          | Milk Products               |
|-------------------------|------------------------|--|------------------------|-----------------------------|
| corn<br>wheat<br>barley | arhar<br>rajma<br>gram | brinjal<br>cabbage<br>apricot<br>strawberry. | egg.<br>fish<br>mutton | Paneer.<br>butter<br>yogurt |