



# KALPAVRUKSHA MODEL SCHOOL

## Bailhongal

**Std III**

**Sub: EVS**

**Topic: Our Food**

### I. Key words:

- |              |                |                 |
|--------------|----------------|-----------------|
| 1. cereals   | 6. vegetable   | 11. underground |
| 2. lettuce   | 7. spinach     | 12. yoghurt     |
| 3. germs     | 8. market      | 13. illness     |
| 4. crop      | 9. pulses      | 14. protect     |
| 5. wholesale | 10. shopkeeper | 15. chocolates  |

### II. Meanings:

1. **non vegetarian**: people those who eat meat, fish and eggs.
2. **cereals**: grains which we don't eat as whole or uncooked.
3. **crops**: plants which give us food or we grow for food purpose.
4. **wholesale markets**: markets where farmers sell what they grow to wholesalers.
5. **pulses**: the seeds which have two parts called cotyledons like green gram, black gram etc.
6. **millets**: the grains which are smaller than cereals also called micro cereals.

### III. Tick the right answer.

1. Sugar and oil come from.

**a. plants**

b. animals

2. Cereals, potatoes and sugar.

a. protect us from illness

**b. give us energy**

3. Fruits and vegetables

**a. protect us from illness**

b. help us grow

4. Rice, wheat and maize are

a. pulses

**b. cereals**

5. Carrots and potatoes grow

a. above the ground

**b. below the ground**

### III. Answer these:

#### 1. Why do we need food?

Ans : We need food to

- a) get energy,
- b) to grow and
- c) protect ourselves from the illness.

#### 2. Which are the two kinds of food we eat?

Ans : We eat two kinds of food:

1. vegetarian
2. non vegetarian.

vegetarian food: food we get from plants

non vegetarian food: the food we get from animals.

#### 3. Give three examples for pulses.

Ans: The three examples of pulses are:

- a) Green gram,
- b) Bengal gram,
- c) Seeds of beans and peas.

#### 4. Make a list of plants that grow above the ground and below the ground.

Ans : Plants that grow above the ground : rice, wheat, maize, spinach, cabbage

Plants that grow below the ground: radish, carrot, potato, onion, ginger, groundnut.

#### 5. How can we protect ourselves from the illness?

Ans : We can protect ourselves from the illness by

- a) eating more fruits and vegetables .
- b) drinking more water and
- c) exercising everyday.

### IV. Circle the odd one:

1. mutton chicken fish cheese eggs.

2. jam cheese butter yoghurt cream.

3. wheat potatoes milk sugar oil.

4. spinach cauliflower tomato brinjal.

5. carrot potato cucumber tomato lettuce

## **V. We eat different parts of a plant.**

- 1.leaves- lettuce, tea, coriander, fenugreek, radish, spinach, onion
- 2.stem- potato, ginger, tender bamboo shoot
- 3.flower- cauliflower, broccoli
- 4.fruits- grapes, pumpkin, strawberry, apple, tomato, brinjal
- 5.roots- beet root, radish, carrot, garlic
- 6.seeds- rice, jawar, wheat, ground nut, mustard, cumin
- 7.cereals- grains we use for food in whole.

example: jowar, ragi, rice, wheat, millets, bajra, maize

- 8.pulses- the broken grains

example: cowpea, horse pea, bengal gram, rajma, green gram, kidney bean, green peas.

- 9.oil seeds- the seeds we use to make oil

example: groundnut, sunflower seeds, coconut, mustard, castor seeds