

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. **millet**: 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