

CHAPTER - 3

WHERE FOOD COMES FROM

B. Match the following:

- | | |
|------------------------|-------------------|
| 1. Mustard oil | oil seed |
| 2. Biscuits | wheat |
| 3. Kidney beans | pulses |
| 4. Cashew nuts | dry fruits |
| 5. Cauliflower | flower |

C. Answer the following questions:

1. What do you mean by food ?

Ans. Food is something we can eat or drink. Food gives us energy to work and help us to grow big , strong and healthy.



2. Name two cereals.

Ans. Two cereals are wheat and rice.



3. what are pulses ?

Ans. Pulses includes masur dal, moong dal, kidney beans, lentils and dry peas.pulses are rich in protein.

4.What adds favour to our food ?

Ans. Spices add favour to our food.