

## Lesson 8

### Food from Farm to Fork

#### A. Give one word answer:

1. What is the name of the device by which seeds can be sowed?

Ans Seed drill

2. What is the process of gathering crops called?

Ans Harvesting

3. Where do we buy foodgrains from?

Ans: Retailers

4. Which spice is a good antiseptic?

Ans: Turmeric

#### B. Write True or False:

1. The farmers sow seeds in the soil either by hand or by a seed drill. **True**

2. There is no need to sprinkle manure and pesticides to the crops. **False**

3. Harvesting is the process of gathering a ripe crop from the fields. **True**

4. Oil provides protein to our body. **False**

5. Fish and chicken are called white meat. **True**

#### C. Answer the following:

1. What is food?

Ans: Food is a nutritious substance that we eat or drink to get energy for work, grow and repair our bodies.

2. How do farmers prepare the soil?

Ans: Farmers prepare the soil by ploughing the field that will make soil soft and loose using spades, plough or tractors.

**3. What is irrigation?**

Ans: Irrigation is the process of supplying water to the soil by any artificial means.

**4. How are foodstuffs stored after harvesting?**

Ans: Grains like cereals and pulses are packed in gunny bags and stored in godowns, while foodstuff like fruits and vegetables which get spoiled easily are packed in wooden or cardboard boxes and transported to the markets soon to be sold.

**5. Why do you think food is important for us to live?**

Ans: Food gives us energy to work, helps us to grow and repair our bodies. The food we eat also affects our efficiency and energy level.

**6. What are cereals?**

Ans: Cereals are seeds of plants. Wheat, rice, corn, oats, jowar and bajra are some commonly used cereals in India.

**7. Name any two oil seeds.**

Ans: Mustard and coconut

**H.W**

**Q.4 Define the following:**

*(Write keywords from Evs book Page No: 47)*