

Lesson 3

Where Food Comes From

Q.1-Hard Words

1. Nutrients
2. Edible
3. Proteins
4. Carbohydrates
5. Vitamins
6. Minerals
7. Cereals
8. Spices
9. Pulses
10. Flavour

Q.2-Define the following

1. *Nutrients* – Good qualities in food that make us grow taller , sharper and stronger
2. *Aromatic* – Having a nice smell

Q.3-Give two examples of each

1. <i>Food from plants</i> –	Fruits , vegetables
2. <i>Food from animals</i> –	Milk , eggs
3. <i>Cereals</i> –	Wheat , rice
4. <i>Pulses</i> –	Dal , kidney beans
5. <i>Fleshy fruits</i> –	Mango , banana
6. <i>Dry fruits</i> –	Almonds, dates
7. <i>Oil seeds</i> –	Sunflower , coconut
8. <i>Spices</i> –	Pepper , chilli
9. <i>Dairy products</i> –	Butter , paneer
10. <i>Nutrients</i> –	Proteins, fat

Q.4-Match the following:

1. Mustard oil	– Oil seed
2. Biscuits	– Wheat
3. Kidney beans	– Pulses
4. Cashew nuts	– Dry fruits
5. Cauliflower	- Flower

Q.5- Answer the following questions:

1. What do you mean by food ?

Ans. Food is something that we eat and drink.

2. Name any two cereals ?

Ans. Wheat and rice are the two cereals

3. What are pulses ?

Ans. Pulses include dals, kidney beans, lentils and dry peas. Pulses are rich in proteins.

4. What adds flavour to food ?

Ans. Spices add flavour to food

Homework

Q.6- Draw or paste and label any two food items that we get from plants and animals.